

Nutrition for Outside School Hours Care • another NAQ Nutrition program

These dip recipes are super quick to make for a healthy and fun midmeal snack. Try serving the dip spooned into individual cups for students to add their own selection of dippers to (vegie sticks, rice crackers etc). Each recipe makes 30 serves.



Speedy Beetroot Dip

Ingredients

- 2 x 450g cans diced beetroot, drained
- 500g or 2 cups Plain Greek Yoghurt
- ¼ cup lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander

Method

Combine ingredients in a bowl and stir well. Season as needed.

Mexican Layered Dip

Ingredients

- 2 x 400g cans kidney beans, drained
- 4 tomatoes
- 1 red onion
- 3 large ripe avocados
- 2 tablespoons lime juice
- 600g natural yoghurt
- 1 cup grated cheese

Method

Use a food processor to roughly chop kidney beans, chop tomatoes into smaller pieces, finely dice the onion and blend avocado with lime juice until smooth. You will need to do each ingredient separately.

Layer the ingredients in a medium sized glass baking dish. Firstly beans, then tomatoes, onion, mashed avocado, yoghurt and sprinkled with grated cheese.

Crowd Pleasing Hummus

Ingredients

- 3 x 400g tinned chickpeas, drained
- 1 cup tahini
- 1/3 cup lemon juice
- 5 medium cloves garlic
- 1 teaspoons salt
- 1 teaspoon ground cumin (optional)
- 1/3 cup – 1 cup water

Method

Process all the ingredients in a large food processor until smooth. If the hummus is too thick gradually add more water until desired consistency is reached.

Cheesy Tuna Dip

Ingredients

- 2 x 185g can tuna in springwater, drained
- 400g extra light cream cheese
- 4 spring onions, chopped (or 1 small red onion)
- ¼ cup lemon juice

Method

Place all ingredients into a food processor and pulse until well combined.