

PaediaSure Shake

Balanced nutrition for the fussy eating phase



PICK 'N' MIX VEGGIES AND DIPS

Throw together a mixture of breadsticks, nuts and raw vegetables e.g. carrot, celery, cucumber, peppers, mushrooms, broccoli, cauliflower, baby corn, cherry tomatoes and serve with some homemade dips.

COOL AS A CUCUMBER

Ingredients

- 4 sprigs of fresh mint
- 1 lemon
- ½ cucumber
- 200g natural yoghurt
- Salt and pepper

Method

1. Finely chop the mint leaves, discarding the stalks and add them to a mixing bowl.
2. Finely grate the zest of half a lemon into the bowl. Then cut the lemon in half and squeeze the juice into the bowl.
3. Cut the cucumber in half lengthways and scoop out the seeds.
4. Grate the cucumber into the bowl.
5. Add the yoghurt, mix everything together and season to taste.

TIP:

Buy a mint plant and keep it in the kitchen to use in other recipes. Great for fresh mint tea too!

HEARTY HUMMUS

Ingredients

- 200g tinned chickpeas
- 2-3 tbsp lemon juice, to taste
- 4 tbsp water
- 2 tbsp olive oil
- Salt
- 1 crushed clove of garlic and 1 tsp of cumin (optional)

Method

1. Drain the chickpeas and rinse thoroughly.
2. Combine the chickpeas, lemon juice, salt and water (and garlic and cumin if you're including them) in a food processor, and blend to a creamy paste.
3. Season to taste.

TIP:

Hummus is a great alternative to spread in a sandwich or wrap.