

TIPS TO MAKING A GREAT CRUDITÉS PLATTER

- Forget the list! Go to your shop and buy whatever is in season and *looks* delicious!
- Buy an assortment of fruits and veggies to give a variety of flavors and options.
- Buy an assortment of colors.
- Cut larger fruit or veggies into smaller pieces for easy snacking and dipping.
- Distribute color and shapes evenly around the tray
- Layer each section with plenty of fruits and veggies. An overflowing platter of delicious food is visually appealing and inviting.
- Get the whole Family Involved

Dips

Hummus

300gr – Tinned Chick Peas – Drain and Rinse

1 clove crushed Garlic

Lemon Juice

Puree all the ingredients in a food Processor

Additional ingredients that can be added – Tahini Paste, Onion, Paprika

Crème Fraiche and Chives

100 gr – Crème Fraiche

15 gr – Chopped Chives

Just mix the two together and season with Salt and Pepper

Cream Cheese can be used instead of Crème Fraiche