



# Crazy cups

## INGREDIENTS

*Serves 10*

- 250g cream cheese
- 1 avocado (mashed)
- Juice of 1 lemon
- 1 carrot
- 1 stick celery
- 1 capsicum
- 1 can of baby corn spears
- 10 bread sticks (halved)



## METHOD

1. In a small bowl mix cream cheese, avocado and lemon juice
2. Chop carrots, celery and capsicum into sticks
3. Place 1-2 tablespoons of cream cheese mixture into 10 small cups
4. Stick a variety of each vegetable and a bread stick in each cup

### *Also try:*

Replace cream cheese mixture with other dips such as hommus or beetroot dip.

## We love food!

- Trying new foods can be fun and exciting.
- Trying new food with other people is fun.
- When we try food for the first time, all we have to do is taste it. It's OK if we don't eat it.
- Sometimes we have to try new food in different ways to help us decide if we like it or not.
- It can take ten tastes to transform your taste!



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