

## SUPER VEGGIE CRUNCH



Our fruity Supercrunch is so popular in schools we've created a veggie version! There are lots of variations to this recipe... just use any salad vegetables that you like.

Top it with either our delicious Dare Devil Dip or a cheesy yogurt mix and anything goes for the crunch....crackers, rice cakes or oatcakes. Making this gives you a great chance to practice your cutting skills too!



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; cut using bridge/claw technique safely; use a vegetable peeler safely; snip herbs with scissors (if using herbs); garnish and decorate.

**Equipment:** Chopping board, sharp knife, vegetable peeler, measuring spoons, scissors (if using herbs to garnish), small pots or glasses.

**Allergens\*:** Gluten | Rye | Milk | Sulphites

May contain Wheat | Sesame | Soya (crispbreads) | Celery\*

### Ingredients (serves 2):

- 2 tbsp of sweetcorn
- 6 slices of cucumber
- 6 cherry tomatoes
- Half a small carrot
- 1 of any kind of cracker (Ryvita, Oatcake, Rice Cake)
- A few drops of balsamic vinegar/glaze to decorate or 1 tsp of chopped up coriander or parsley.
- 1 tbsp of either topping:

For the cheesy yogurt topping: mix 2 heaped tbsp of low fat soft cheese with 2 tsps of low fat plain yogurt.

If making as a large class, pre prepare a batch of Dare Devil Dip which will make 15-20 toppings.

Optional extras or substitutes – red, yellow, green pepper, celery\*, radishes, small pieces of broccoli.

### Method

1. Peel the carrot.
2. Prepare the vegetables you are using by cutting them all into small pieces.
3. Cover your chopped vegetables with a tablespoon of either topping.
4. Crush the cracker in your hands and sprinkle over the topping.
5. Garnish with balsamic vinegar or chopped herbs.

*\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



## SUPER VEGGIE CRUNCH Nutrition Information



Source: Public Health England in consultation with the Food Commission, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Super Veggie Crunch...

**Vegetables** are so good for us. They are low in fat, sugar and calories and high in a range of vitamins and minerals.

**Soft cheese** and **yogurt** are excellent sources of calcium. Choose reduced fat varieties where possible.



### Energy, sugar, fat and salt per serving

Per 174g serving

**ENERGY**  
490kJ / 117kcal **6%**

**LOW** **FAT**  
2.8g **4%**

**LOW** **SATURATES**  
1.5g **8%**

**LOW** **SUGARS**  
8.2g **9%**

**LOW** **SALT**  
0.41g **7%**

% of an adult's reference intake  
Typical values per 100g : Energy 282kJ / 67kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.