



CHRISTMAS TREE PITTAS

These tasty pitta bread trees make a great, healthier, Christmas snack! Use wholemeal pitta bread to boost your fibre intake, topped with our delicious guacamole!

You can buy the guacamole in the shops but it's so easy to make yourself using avocados, lime juice, garlic, tomatoes and coriander, and for some extra zing try adding a mild chilli.



Recipe from www.bettycrocker.com

Skills Check: Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; snip herbs with scissors; mash; use a citrus squeezer; tidy away.

Equipment: Pestle & Mortar, Knife, Chopping Board, Mixing Bowl, Spoon, Fork

Allergens*: Gluten

May contain: Milk | Soya | Sesame

Ingredients (serves 6):

- 2 medium tomatoes, peeled, deseeded and chopped
- 2 small avocados, halved, stoned and peeled
- 1 clove garlic, crushed
- 1 green chilli, deseeded and finely chopped
- Juice of 1/2 lime
- 1 small handful of fresh coriander, snipped
- 3 Wholemeal pitta bread, cut into 2 triangles
- 1/2 Red pepper, diced
- Pretzel sticks or twiglets

Method

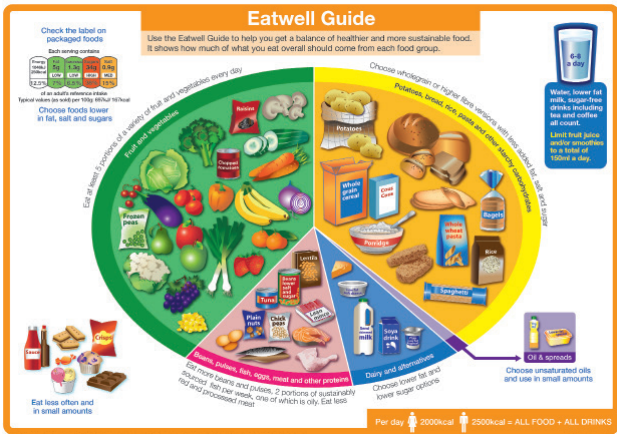
1. In a pestle and mortar, crush the chillies, coriander, tomatoes and garlic to a fine paste. Alternatively, chop all the ingredients finely using the bridge and claw chopping techniques.
2. Add a little water and lime juice to make a looser mixture.
3. Mash in the peeled avocados, using a fork or spoon.
4. Spread the guacamole onto a pitta bread triangle.
5. Carefully dice the red pepper using the bridge/claw techniques safely.
6. Decorate your pitta bread trees with pieces of red pepper or other vegetables of your choice.
7. Add a piece of pretzel or twiglet to the base of your pitta bread tree and enjoy!

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



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Nutrition Information



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 Guacamole ...

Avocados are a good source of a range of vitamins (C, E and B6), minerals and fibre. They are high in calories and fat, but the type of fat they contain is considered to be a 'healthy' fat (monounsaturated fat).



Bread is a good source of complex carbohydrates which gives us energy. It is also a good source of fibre and B vitamins.



Energy, sugar, fat and salt per serving

Per 146g serving

	ENERGY	10%
	834KJ / 199kcal	
MED	FAT	12%
	8.7g	
LOW	SATURATES	11%
	2.1g	
LOW	SUGARS	3%
	2.8g	
LOW	SALT	7%
	0.44g	

% of an adult's reference intake

Typical values per 100g : Energy 571kJ / 136kcal

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