

Christmas Tree Cheese Platter

Serves: 6

Prep time: 10 minutes

Cook time: 0 minutes



½ serve per portion

Ingredients

1 capsicum, julienne

1 cucumber, julienne

90g wholegrain crackers

200g grapes

80g lightly salted popcorn

60g mixed nuts

200g strawberries

200g sharp and crumbly cheddar cheese

200g hummus

Method

PLACE ingredients in rows to form the shape of a Christmas tree as seen in the picture.

SERVE immediately.

What's Great About It?

Cheese boards are great for sharing and make for a colourful display at your branch. Swap any of the ingredients out for alternatives. See below for on the next page to learn how to build your own healthy cheese board. Aim to include a wholegrain, vegetables, cheese, fruit, nuts and seeds and a healthy dip.



Everyday Food

Recipe courtesy of the Country Kitchens team

Creating your own healthy cheese board

- 1. Crackers:** try to choose low salt and high fibre options
 - Wholegrain or seed crackers
 - Wholemeal pita chips (recipe on pg. 35)
- 2. Choose 1 types of cheese:** aim to have a hard and soft cheese
 - Cheddar, brie, camembert, blue cheese, goats cheese
- 3. Choose 2-3 fruits and vegetables:** choose seasonal fruit to help cut down on cost
 - Chopped kiwifruit, mango (fresh or dried)
 - Berries
 - Sliced figs or stone fruit
 - Sliced tomatoes, carrot, cucumber, celery or capsicum
- 4. Choose 1-2 nuts and seeds:** these add texture and fibre
 - Almonds, cashews, pistachios, walnuts
 - Pepita or sunflower seeds
 - Popcorn
- 5. Healthy Dip:**
 - Hummus
 - Baba ghanoush
 - Guacamole
 - Beetroot hummus
 - Tzatziki