

Healthy & tasty party snacks

With some preparation, party snacks like dips and crackers can be a healthy option, as a sometimes food.

Salmon which is high in omega 3 (the good oil), makes a delicious dip with light sour cream. Tinned salmon or tuna is a good low cost substitute that also works well in this dip recipe.

For something different try 8 sundried tomatoes and 4 basil leaves blended together with light sour cream. For dipping, rice crackers are low fat and a tasty alternative to potato chips. Vegetables like carrots and celery are great dippers when cut into sticks.



Smoked salmon and dill dip

(Serves group of 10 for side dip)

Ingredients

Smoked salmon fillet (or tinned salmon/tuna for a lower cost option)	200 grams
Light sour cream	½ cup
Lemon juice	1½ tablespoon
Dill finely chopped	1 tablespoon
Chives finely chopped	2 tablespoon

Method for dip preparation

1. Take the salmon or fish and dice until fine
2. Place in a bowl and add the sour cream, lemon juice, chopped chives and dill
3. With a spatula or wooden spoon, mix all together
4. Check the seasoning, adding pepper to taste
5. Refrigerate until required
6. Serve with rice crackers, celery sticks, carrot sticks or grainy breads

Tip!

Wholemeal pita breads toasted and cut into small pieces are a great healthy option for dipping.

Tip!

Store-bought or homemade hummus is a big favourite with everyone!