



NATURALLY SWEET + SAVOURY CRACKERS



SERVES
1



PREP TIME
5 MINS

CRACKERS WITH HUMMUS & AVOCADO OR TOMATO INGREDIENTS

2-3 wholegrain crackers i.e. ryvitas, vita-weats, cruskits
1-2 tbsp hummus (see hummus recipe)
¼ avocado, thinly sliced or 1 tomato, thinly sliced
Sea salt and cracked black pepper, to season

METHOD

Smother crackers with hummus and top with the avocado or tomato.
Season with sea salt and cracked black pepper.

CRACKERS WITH RICOTTA & TOMATO INGREDIENTS

2-3 wholegrain crackers i.e. ryvitas, vita-weats, cruskits
1-2 tbsp low fat ricotta
1 tomato, thinly sliced
Fresh basil leaves, optional
Sea salt and cracked black pepper, to season

METHOD

Smother crackers with ricotta and top with tomato.
Season with sea salt, cracked black pepper and fresh basil.

CRACKERS WITH NUT BUTTER & BANANA INGREDIENTS

2-3 wholegrain crackers i.e. ryvitas, vita-weats, cruskits
1-2 tbsp nut butter i.e. peanut, almond, cashew
½-1 banana, thinly sliced
Drizzle of honey, optional
Sea salt and cracked black pepper, to season

METHOD

Smother crackers with nut butter and top with banana.
Drizzle with honey.

Georgia says ...

Looking for a super simple healthy snack? You can't go past wholegrain crackers with nourishing spreads. Mix and match to please your tastebuds.