



Serves: 4
Prep time: 5 minutes

3 of 5
a day*

Bean dip with veggie sticks

400g can cannellini beans , rinsed and drained
400g can chickpeas , rinsed and drained
juice 2 lemons , zest 1
2 garlic cloves , crushed
2 tsp ground cumin

Methods

Put half the beans and chickpeas into a food processor with the lemon juice, garlic, cumin and yogurt, then whizz until smooth. Tip in the rest of the beans and pulse once to get a very chunky dip. Stir in the lemon zest and plenty of seasoning, then divide between 4 containers and store in the fridge. Serve with vegetable dippers made from 1 celery stick, 1 carrot and ½ red pepper.

Wrap in a damp piece of kitchen paper to stop them drying out.

Calories
172

Carbs
22g

Protein
11g

Fat
5g

Sat Fat
1g

Salt
1g

Fresh Fruit Jellies

Makes 4 jellies
Prep time: 15 min
overnight setting



Ingredients

Raspberry Sugar free jelly
1 tin of raspberries or handful of fresh or frozen raspberries

Methods

- If you are using tinned fruits, melt the jelly with the recommended amount of water (usually 100ml). Add the juice (not syrup) from the tin of fruit and enough water to make it up to the right volume, following the pack instructions.
- Mash half the tinned or fresh fruit to a pulp and add to the jelly. Divide the remaining fruits between the jelly moulds.
- Pour the fruit jelly mixture over the fruit in each mould and leave to set overnight.

Calories
60*

Carbs
12g*

Protein
2.6g*

Fat
0g*

Sat Fat
0g*

Salt
0.1g*

½ of 5
a day

* approx. values per serving

Adapted from: www.bbcgoodfood.com/recipes

