

Vegetable Sticks

Allergens - N/A

Ingredients

Quantity	Ingredient
1	Carrot
½	Cucumber
200g	Pepper (yellow)
100g	Onion (red)
100g	Sweetcorn
200g	Cherry Tomatoes

Method

1. Prepare the Vegetables
2. Arrange the selection attractively in a serving container.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 24.6	= 0.4	= 0	= 2.6	= 0.0	= 4.4

Portion size - Primary - 50g