



Healthy Dad Recipes

MAGICAL VEGETABLE FOREST

Yield: 8 servings

Ingredients:

2 large	avocados
1 tbsp	lemon juice
½ cup	cream cheese
2	carrots peeled and cut into 6 cm sticks
3	celery sticks, cut into 6 cm sticks
1 bunch	broccoli, cut into florets



Instructions:

- Place the avocado, lemon juice and cream cheese in a bowl. Use a fork to mash until smooth.
- Arrange the cut veggies in the avocado dip to look like a 'forest'.
- Serve the dip with the remaining carrots, celery and broccoli.

Nutritional Facts:

1 serving: 177 calories, 16 g fat (4.5 g saturated), 5 g carbohydrate, 4 g protein

Recipe courtesy of taste.com.au