

# EASTER



Celebrate Easter with these fun, healthy-food ideas:

- Real eggs are a nutritious addition to the day – try egg sandwiches, frittatas, quiches, eggy-bread cases
- Easter bunny munch and crunch platter – carrot sticks, celery, cucumber, capsicum with hummus
- Dye hard-boiled Easter eggs with beetroot or cabbage juice
- Cut up fruit and vegetables and let children create their own Easter bunny face
- Decorate pita pocket Easter-egg shaped pizzas with vegetables
- Fruit and yoghurt Easter-egg ice blocks
- Homemade hot cross buns or carrot muffins

