



Cook time: 30 mins

Serves: 4

Prep time: 30 mins

# Dips & Sticks

## Ingredients

### Vegetable Sticks:

- 200g carrots, cleaned, peeled, cut into 8cm sticks
- 200g Japanese cucumber, cleaned, cored, cut into 8cm sticks
- 200g celery, cleaned, cut into 8cm sticks

### Guacamole Dip (makes 150g):

- 100g ripe avocados, skinned and seeds removed
- 18ml fresh lime juice
- 22g ripe tomato, diced, seeds removed
- 24g yellow onions, minced
- 1g ground cumin
- 1g salt

### Ricotta Cheese Dip (makes 150g):

- 400ml low fat milk\*
- 24ml of whipping cream
- 26ml of cream cheese light (80% less fat)
- 12ml of apple cider
- 2g salt

### Spinach Dip (makes 150g):

- 80g spinach, fine chopped & drained
- 3g salt
- 1 tsp. canola oil\* (to sauté spinach)
- 1 tsp. olive oil\*
- 1 clove of garlic, minced
- 32g small onions, finely chopped
- 100g cream cheese light (80% less fat)
- 50ml water
- Pinch of salt
- Pinch of pepper

### Tips:

- After chopping the onions, before mincing, soak them in warm water to remove the sting and raw taste. Drain well.
- The ricotta cheese dip can be prepared a day ahead and chilled. It keeps well for up to 5 days in the fridge. You can eat it as a spread on bread in place of butter.

\*Choose products with the Healthier Choice Symbol.



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## Method

### Guacamole Dip:

- In a mixing bowl, add the lime juice and mesh the avocado with a fork.
- Add in the rest of the ingredients, mix thoroughly and set aside.

### Ricotta Cheese Dip:

- Pour the milk into a heavy-bottomed pot and add the whipping cream.
- Heat the milk and cream mixture to 93°C. Shut off the fire once it reaches this temperature and remove from the stove. (If you do not have a thermometer, remove from stove when the milk starts to froth.)
- Add apple cider and salt into the mixture, stirring continuously until the mixture curdles.
- Set aside to cool for 30 mins.
- Empty the curdled mixture into a sieve lined with cheese cloth to drain the whey.
- Allow 60 mins for the whey to drain.
- Transfer the ricotta cheese from the cheese cloth to a container and chill for at least 5 hours before serving.

### Spinach Dip:

- Sauté chopped spinach with canola oil, add salt and set aside to cool.
- In a pot, add in the olive oil, garlic and onions and sauté at medium heat to allow the olive oil to infuse into the garlic and onions.

- Add in the cream cheese and half of the water, stirring continuously to melt the cheese.
- Add in the spinach and the remainder of the water and stir thoroughly for about 2 mins.
- Add in reduced fat cheese slice and stir to mix well.
- Allow it to cool before serving. Nutrition

### Information (Per Serving):

Energy: 69.5kcal  
Protein: 2.41g  
Total fat: 3.9g  
Saturated fat: 0.8g  
Carbohydrates: 6.6g  
Dietary fibre: 3.1g  
Sodium: 177.8mg