

tiny (cracker) sandwiches

Ingredients:

- Wholegrain crackers
- Savoury spreads, e.g. mashed avocado, hommus, nut pastes, thick yoghurt, cream cheese or cheese spread
- Grated, finely chopped or sliced vegetables (ask a grown up for help), e.g. grated carrot, chopped capsicum, sliced cherry tomatoes, sliced cucumber rings, shredded lettuce, corn kernels, sprouts, sliced green beans, green peas or canned beans

Method:

1. For each sandwich you will need two crackers
2. Smear your chosen spread/s on one side of each cracker
3. Add your chosen fillings on top of one cracker. Then place the other cracker on top.
4. Make more 'tiny' sandwiches
5. Serve!

Variations:

- You can make lots of different combinations! Why not try a triple-decker version?

