



LIMIT
'SOMETIMES'
FOODS

Veggie skeleton with brain dip

Serves about 18 people

Ingredients:

Dip, for the 'brain'. We used the [Family Food Patch beetroot dip](#)¹

Veggies of your choice, such as:

- 1 medium broccoli, cut into small florets
- 2 carrots, cut into sticks
- 1 cucumber, cut into sticks or rounds
- Small red capsicum, cut into strips
- Small green capsicum, cut into strips
- 4 mushrooms, sliced
- 3 cherry tomatoes, cut in half
- 10 individual corn kernels (tinned)



Utensils needed:

- Small bowl for dip
- Serving platter
- Tongs for serving
- Knife for chopping vegetables
- Chopping board

Method:

1. Make the beetroot dip and put it into a round bowl. This is the brain of the skeleton.
2. Use your imagination – make your skeleton as unique as you can.

¹ Family Food Patch beetroot dip recipe
http://docs.wixstatic.com/ugd/c626fe_34b5e93cd5a0453bb523df4f575f11d6.pdf