

Healthy Harold's Lunchbox Ideas

Having visited Australian schools for over 40 years, Healthy Harold knows the value of a packed lunch. With the help of his friends at Woolworths, these ideas are not only nutritionally approved but simple enough for children to make and a healthy choice for the whole family!



Healthy Cheese Dip



Serves

1

5

Mins prep

Ingredients

- 1 cup Greek-style yoghurt
- 1 garlic clove, minced
- finely grated zest from $\frac{1}{2}$ lemon
- 2 tbs finely grated parmesan cheese
- $\frac{1}{2}$ tsp paprika
- brown rice crackers, to serve

Method

1. Place yoghurt, garlic, lemon zest and parmesan in a medium mixing bowl and stir to combine.
2. Transfer to a serving bowl and sprinkle over paprika. Serve with brown rice crackers.



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