

Minted Green Salsa

Ingredients

- 65g celery
- 50g courgette
- 50g cucumber
- 2 teaspoons sunflower oil
- 1 teaspoon mint sauce
- 1 teaspoon clear honey
- Salt and pepper, to taste



Method

1. Finely chop the celery, courgette and cucumber, place together in a bowl and stir thoroughly to combine.
2. In a small bowl, combine the oil, mint sauce, honey and seasoning.
3. Add the dressing to the vegetables, tossing well until evenly coated.
4. Serve as a topping for Loprofin low protein herb crackers.

This recipe was provided by Nutricia