

Tips for hosting a healthy morning tea

Eat a rainbow

- a colourful fruit platter makes a lovely centrepiece
- fruits are tastiest and cheapest when they're in season
- bite-size pieces of fruit on a kebab avoids sticky fingers

HOT TIP: if it's grown locally and on special, it's probably in season!

Something to sip

Tea and coffee are just the start!

- try some herbal teas for something different
- home-made iced tea and coffee is lovely on a hot day
- fancy up your water with fruit and herbs

Sweets for my sweet

- scones and pikelets are a classic, for a twist let people add their own toppings
- cut sweets into bite-sized pieces
- go for mini-muffins
- try Greek yoghurt or sour cream as a lighter alternative to cream
- choose fruit, dairy and nut based desserts



Savoury treats

- frittata and quiche are a great way to get some vegies in
- go for filo or spring roll pastry for a light and crispy crust
- serve vegie sticks and crackers with dips like hummus and tzatziki
- sandwiches:
 - use grainy or wholemeal bread
 - choose roast meats over processed meat
 - try avocado, hummus or cream cheese instead of butter or margarine

Healthy morning tea checklist

- Include seasonal fruit
- Keep sweets small
- Throw in some vegies
- Have water available

HOT TIP: visit livelighter.com.au for recipe ideas

