

Salmon dip (Great as Melbourne Cup canapé)



What better way to increase your omega-3 intake by eating delicious snacks? Unless you don't like fish then read our next recipe!

Ingredients:

210g Can salmon
900g Natural yoghurt
sprinkle Dill (fresh or bottled)

Directions:

1. Strain yoghurt overnight (or at least 3 hours) using a cheesecloth and discard the water.
 2. Drained the salmon
 3. Mixed salmon and the (strained) yoghurt
 4. Mix in the dill and seasons with pepper
 5. serve with celery or carrot sticks
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COW ball (also great for Melbourne Cup canapé)



Plant based food can also give you omega-3 if oily fish is not your thing!

Ingredients (makes 5 balls):

1 Tbsp	Chia seeds
2 Tbsp	Oats
1 Tbsp	Walnut
1 Tbsp	Chunky peanut butter
10	Dates pitted
1 Tbsp	Cocoa powder

Directions:

1. Finely chop the dates
2. Mixed in all ingredients in a bowl
3. Use spoon (or hands) to make 5 balls