

## Veggie sticks with mackerel dip

### Ingredients

For the sticks:

1-2 carrots, peeled

1-2 sticks celery

1 pepper, deseeded (whatever colour you have)

For the dip:

100g low fat mayonnaise, yogurt or cream cheese

1 small can mackerel, in tomato sauce (125g)

1 lemon, if you have it

Black pepper

### Equipment

Chopping board, knife, mixing bowl, spoon.

### Method

1. First, make the veggie sticks:
  - Cut the carrots, celery and pepper into sticks.
2. Next, make the dip:
  - Tip the mackerel and mayonnaise into the bowl.
  - Squeeze the lemon, and add to the bowl.
  - Add a few twists of black pepper.
  - Stir everything together.
3. Enjoy!

### Top tips

- Some supermarkets sell the mackerel in curry, hot sauce and sweet chili sauce!
- Try adding spring onions to the dip.
- Try different veg and salad, such as radishes, cucumber and broccoli.