



A fun and healthy snack
for after school!

Egg Dippers

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Remember:

It's important to always ask an adult to help you in the kitchen.

INGREDIENTS

- 2 hard boiled eggs
- 2 pieces of bacon, cooked and crumbled
- ¼ cup (125ml) of your favourite shredded cheese
- 3 tbsp finely minced chives
- 1 Roma tomato, seeded and finely minced
- 3 tbsp finely minced cucumber
- 1 small handful of stick pretzels
- 1-2 tbsp ranch dip



DIRECTIONS

1. Arrange the dip and toppings on a small platter or plate.
2. Peel the eggs and place them into an egg cup for each person.
3. Stick a pretzel into the pointy end of the egg so that you have a handle when you are dipping.
4. Dip the larger, flatter end into the ranch dip, then sprinkle with the toppings or dip as well.
5. Eat! Double dipping is harder once you've bitten into the egg and risks the yolk falling out, so it's handy to have a spoon to add more dip and toppings to the rest of the egg.

