



BENTO BOX MEATLESS

This is a perfect quick bento box of protein / healthy fat / carbohydrates with no meat. Lots of colour , flavour and perfect bites for a busy on the go snacking lunch.

 10 minutes

 1 portion

INGREDIENTS

- 1 large stalk (11"-12" long) of celery, raw [64 g]
- 1 medium unit of carrots, raw [61 g]
- 1/2 fruit, without skin and seed of avocados, raw, California [68 g]
- 1 tbsp of seeds, sesame butter, tahini, from roasted and toasted kernels [most common type] [15 g]
- 100 grams of yogurt, Greek, plain, lowfat
- 2 Oat Cakes of nairns, Oatcakes [25 g]
- 25 grams of nuts, almonds

COOKING METHOD

- 1° No cooking method required !
- 2° 2 oatcakes = 1 portion 1/2 avocado = 1 portion 25g Almonds unsalted unroasted = 1 portion Substitute almonds for 25g grated cheddar cheese if required

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (358 g)	% DRI
ENERGY	157 kcal	564 kcal	28 %
PROTEIN	6 g	23 g	45 %
CARBOHYDRATE	11 g	40 g	15 %
SUGARS	2 g	9 g	10 %
FAT	10 g	37 g	54 %
FATTY ACIDS, TOTAL SATURATED	2 g	6 g	29 %
FIBER	4 g	14 g	58 %
SODIUM	42 mg	151 mg	6 %