



Summer Grazing Board

Grazing boards are a nice starter before your BBQ or main meal. They can include anything you like and are a pleasant compliment to your outdoor summer dining.

Ingredients (as shown in large photo)

Selection of cheese (Brie, Gouda and Edam)

Selection of savoury crackers and biscuits

Raw honeycomb

Chopped, cooked sausage

Green olives

Method

Simply spread your selection out on your board making it look attractive.

Honeycomb is very nutritious and versatile in how it can be eaten. Add it to fruit salad, or topped onto yoghurt, toast, ice cream or cheese.

Top tip: Try and opt for low salt, low fat crackers and biscuits, and those that are wholemeal. Water biscuits are a good choice as they contain less fat, sugar and salt than most other savoury crackers