



## Sandcastle Salad

Children of all ages love making (and eating) these fun sandcastle salads! The perfect way to encourage your child to 'eat the rainbow'. These salads are a great addition to a family BBQ or picnic.

### You will need:

#### For the salad

Carrot, courgette, pear or beetroot  
(you will need at least two of these)  
Sweetcorn  
Strawberries, pineapple or grapes  
Shredded lettuce or cabbage  
Tomato & cucumber

#### For the dressing

3 tblsp olive oil  
Juice of 1 lemon  
1 teaspoon runny honey  
½ teaspoon dijon mustard (optional)

### To make your Sandcastle Salad

1. Begin by measuring all the dressing ingredients in a small bowl. Whisk well and set to one side.
2. Grate a combination of the carrot, courgette, pear or beetroot.
3. Slice the strawberries, cucumber & / or tomatoes
4. Shred the lettuce or cabbage
5. Take a medium sized mug or drinking glass (clear works best to see the rainbow effect) and brush a little of the salad dressing inside the glass.

Next start making layers of your chosen fruit and vegetable, pressing down well as you go. Try and make the layers as colourful as you can. When the glass is  $\frac{3}{4}$  full, press down one last time and pour a little dash of the salad dressing on top.

7. Set a small plate on top of the glass and turn over just like you would when making a sandcastle.

8. Ta-dah! Your very own edible sandcastle!

**Mighty Tip!** When making salads for children, simple works best. Use just a few ingredients – three or four is best to start with and make sure your children already like them. Feel free to mix in your child's favourite fruits too. When children get used to eating salads, you can get adventurous and create them together, taste as you make and encourage some new ingredients.