



OUT AND ABOUT - SUMMER PICNIC IDEAS

Cherry Tomatoes, Mature Cheese & Caramelised
Onions on Toasted Wholemeal Bread

Rice Cakes with Chunky Peanut Butter
& Raspberry Jam

Watermelon, Strawberries & Blueberry Salad

Carrots & Hummus

Fruit Infused Water

Use Strawberries, Cucumber or Lemon

Head into Summer

From all the Olive Dining Family,
we would like to wish you a
wonderful Summer Break.

We look forward to seeing
you in September.

Olive
dining
food with passion



FROZEN BERRY ICED LOLLIES RECIPE

Perfect for a hot summer day and packed with seasonal
berries which make a delicious healthy treat.

Ingredients

150g Blueberries
150g Strawberries
100g Raspberries
100g Greek yogurt
50g Coconut milk
65g Honey

Method

Add fresh or frozen strawberries, raspberries,
blueberries, yogurt & coconut milk into a blender.

Blend until the mixture is smooth.

Pour the mixture into lolly moulds.

Add sticks onto your ice lolly moulds.

Place in the freezer for at least 4 hours.