

We're Crackers for Lunch

Easy and Tasty Cracker Duos for Lunch on the Track
Shop | Pack | Prep | Eat

Shop

- Crackers or Corn/Rice Thins or Crispbread
- Larger size crackers or ones less likely to break or crumble are best
- Choose Two Tasty Toppings – we have thought up a few ideas to get you started!

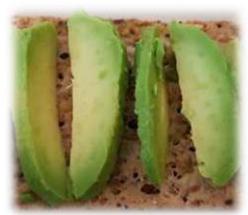
The CC – Cheese & Cucs > longlife cheese wedges and a cucumber

Rockin' – Beans & Rocket > small tin of baked beans (or other bean mix) and rocket

Avomite – Vegemite & Avo > vege (small scoop in a snaplock) and an avocado

The T2 - Tuna & Tomato > flavoured tin tuna (or salmon) and a tomato

- **Seasoning** - Salt, Pepper, Chilli Flakes (put a small amount in little plastic tubs), Mayo or Tomato/BBQ/Mustard Sauce Sachets or fresh herbs are also great to take along for a flavour boost. (Can be used to flavour your dinner too)
- And don't forget a **small something extra** to go with your lunch – eg; a carrot or piece of fruit, snack bar or a few lollies, etc



Pack

- Remove any extra packaging to reduce weight and rubbish
- Wrap your rocket in a square of paper towel reduce it sweating
- Arrange all lunch items on a bandana and tie up, or in a medium snaplock bag to easily locate and grab from your pack.



Prep

- Lay out your items on your make-shift tablecloth – using your plastic bag or bandana!
- Chop up your veggies as required
- Pop your delicious duos atop your cracker

Eat and Enjoy

Yum!

Tasty and filling, providing energy for the afternoon.