Ideas and recipes from the Avila College Food Technology Kitchens

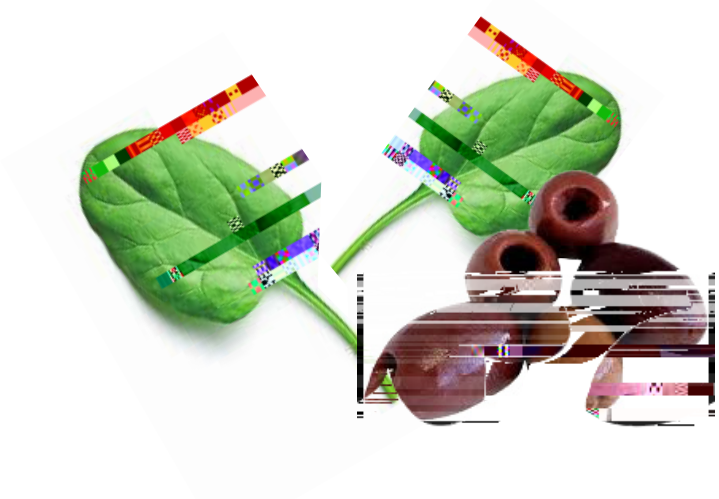
OILY FISH

PEANUT BUTTER

GS

DARK LEAFY VEGETABLES

FRESH FRUIT

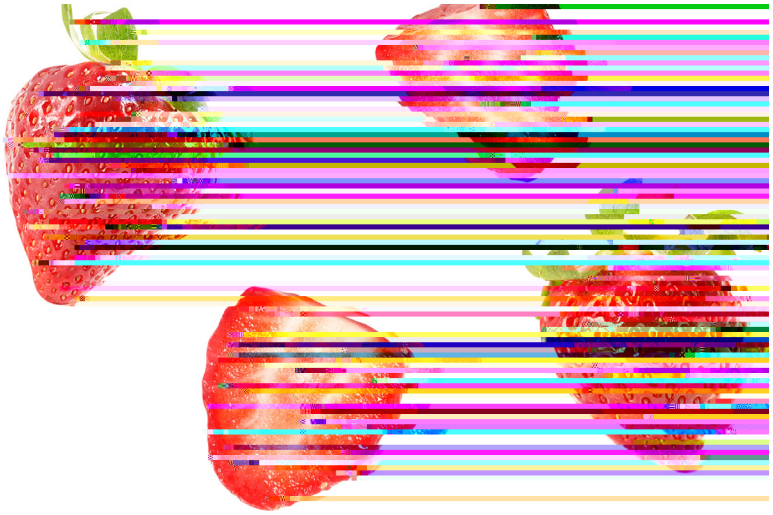


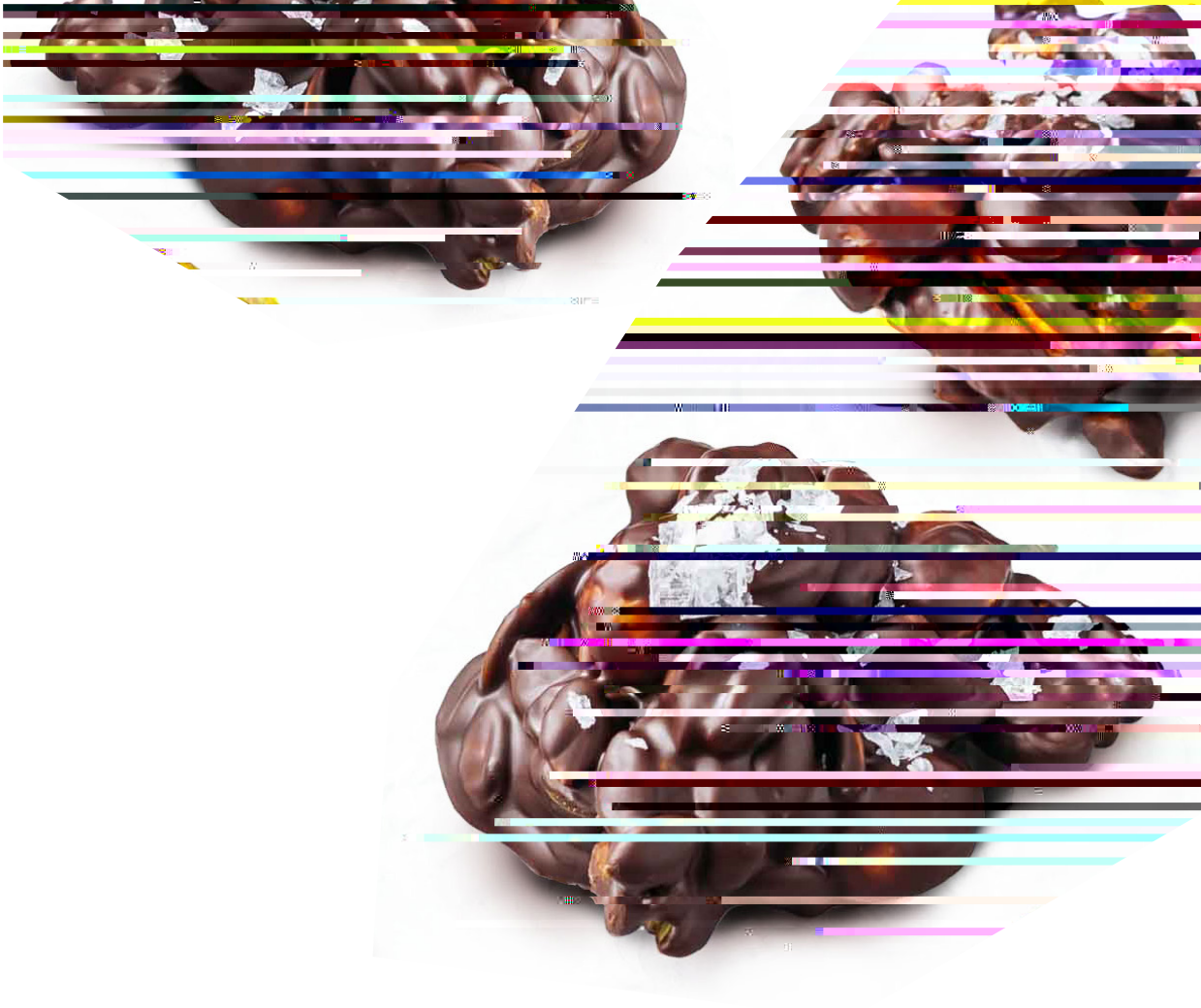
CREAMY TUNA DIP

BEETROOT DIP

SWEET CHILLI CREAM CHEESE DIP

GUACAMOLE





INGREDIENTS

METHOD

TASTY TIPS

INGREDIENTS

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