



Grains &  
Legumes  
Nutrition  
Council

*Cultivating Good Health*

festive

GRAZING PLATTERS!



# The Veggie Grazing Platter

Serves: approx 8-12

Prep time: 10 minutes

## INGREDIENTS

Falafel

Dolmades

Hummus

Crispy chickpeas

Olives

Sauerkraut

Vine on tomatoes

Dutch carrots

Sliced baby cucumbers

Pistachios

Sprouts

Arnotts Multigrain & Sea Salt Cracker Chips

Wholemeal Basil Lavosh

Click through  
to get the  
recipe for the  
basil lavosh!





# The Decadent Grazing Platter

Serves: approx 8-12

Prep time: 20 minutes

## INGREDIENTS

Buckwheat blinis

Gravadlax

Beetroot & Chickpea Dip

Arnott's Multigrain & Sea Salt Cracker Chips

Asparagus

Pomegranate

Pesto

Burrata

Wholemeal Black Olive Grissini

Pecans

Greens

Featuring  
Arnott's  
crackers!





# The Night Before Christmas Grazing Platter

Serves: approx 8-12

Prep time: 10 minutes

## INGREDIENTS

Cheddar

Ashed goats cheese

Quince paste

Honeycomb

Oat biscuits

Pickled onions

White bean dip with salsa verde

Pears

Grapes

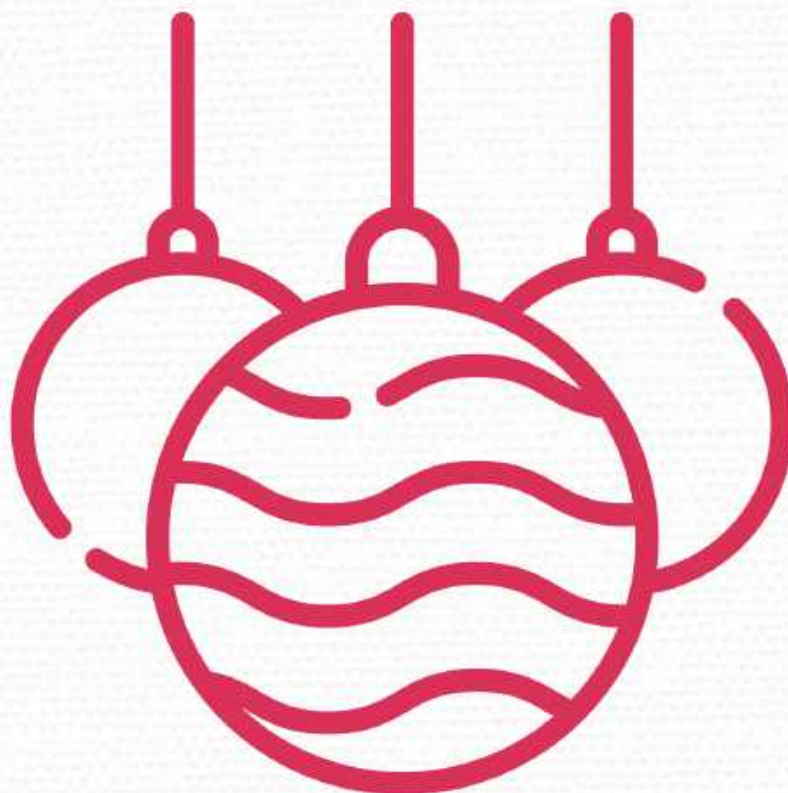
Pecans

Click through to  
get our recipe  
for the Oat  
Biscuits!

Looking for a dessert platter?

We've got you sorted!

Click through to see our  
delicious Pop the Bubbly  
Dessert Graze on our website...



Merry Christmas!