



# 50 CRIMPit fillers to spruce up lunchtimes!

Annabel Karmel and CRIMPit have teamed up to bring you their top 50 toastie fillers.

The challenge is to get creative, so try combining 1 ingredient from at least 3 different food groups.

You'll be a seasoned toastie adventurer by the time you've completed the list!

## Keep track of your favourite CRIMPit fillers:

- ★ 1 .....
- ★ 2 .....
- ★ 3 .....
- ★ 4 .....
- ★ 5 .....

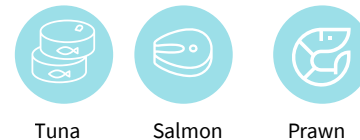


## MIGHTY MEATY



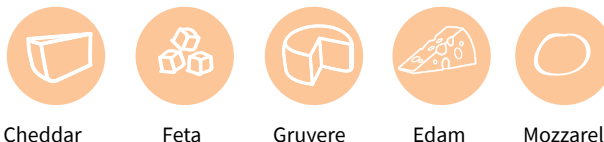
Chicken Turkey Pork Ham Beef

## FISH FAVES



Tuna Salmon Prawn

## SAY CHEESE



Cheddar Feta Gruyere Edam Mozzarella

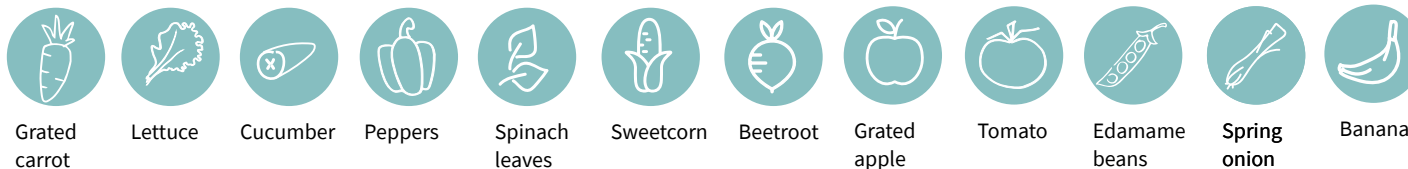
## GO VEGGIE



Falafel Egg Coleslaw Avocado Roasted butternut squash

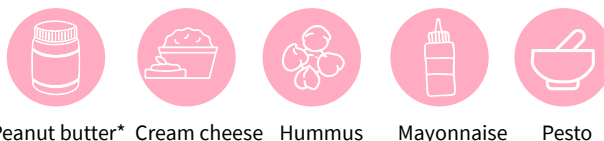
\*Contains nuts

## 5-A-DAY ADD-ONS



Grated carrot Lettuce Cucumber Peppers Spinach leaves Sweetcorn Beetroot Grated apple Tomato Edamame beans Spring onion Banana

## SUPER SPREADS

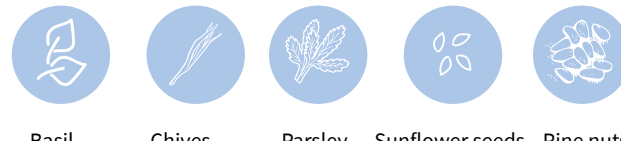


Peanut butter\* Cream cheese Hummus Mayonnaise Pesto



Tzatziki Tomato salsa Nutella\* Mango chutney Guacamole

## TOP-IT-UP



Basil Chives Parsley Sunflower seeds Pine nuts\*



Walnuts\* Olives Raisins Croutons Pickle

