



Tips provided by Gabriela Ciobotaru, Flannerys Organic & Wholefood Market Nutritionist

# How to DIY an Impressive Grazing Table or Platter



## Gluten Free Grazing Platter

- Start with a source of protein like nitrate free deli meats
- Add some aged cheeses
- Scatter nuts such as almonds, macadamia and hazelnuts
- Include some fruit and vegetables such as chopped celery stalks, carrot, cherry tomatoes, grapes, figs and pears
- Add the savoury and crunchy side of your platter with some nut and seed crackers and rice crackers (or gluten free bread such as buckwheat or Venerdì's Paleo Seeded Bread)
- Add some sauerkraut for some extra probiotics
- Add your favourite gluten free dip!

## Vegan Grazing Platter

- Add a hard cheese alternative such as an almond mozzarella or a coconut based cheddar
- Add a soft cheese alternative such as a cashew based cheese (these can be plain or flavoured with dill, Italian herbs or even a basil pesto)
- To replace the meaty flavour, go for Nobel Jerky (we love the teriyaki flavour, falafels or some plant based patties).
- Play with your fruits and vegetables to add freshness, colour and more nutrition. Add apples, dried apricots or figs, capsicum, tomatoes, carrot and fennel...select pieces that you can cut up and place decoratively on your platter.



## Dessert Grazing Platter

- Start off with creating your own organic vegan cake
- If you want to add something decadent and rich, opt for some squares of dark chocolate
- Fruits are always a 'go to' for a dessert platter, so add seasonal organic mangoes, cherries, grapes, raspberries
- Add a chocolate dipping sauce and top off with some crushed nuts
- To decorate, add a few dried figs, apricots, plums, nuts and try Tom and Luke Protein Balls.
- Pana Chocolate Coconut & Goji Chocolate and Loving Earth Chocolate Cranberries are some other great options to sprinkle in-between the fruits and add some extra yumminess to your platter.



## Find more foodie inspiration

- <https://www.foreveryhen.com.au/hens-night-tips.html>
- <https://www.foreveryhen.com.au/hens-party-activities/classy-hen-party-ideas>
- <https://www.foreveryhen.com.au/hens-party-ideas/awesome-tips-for-hosting-an-epic-food-truck-hens-party>
- <https://www.foreveryhen.com.au/hens-party-activities/10-reasons-youll-love-having-a-personal-chef-at-your-hens-party>
- [https://www.pinterest.com.au/for\\_every\\_hen/party-food-ideas-for-adults/](https://www.pinterest.com.au/for_every_hen/party-food-ideas-for-adults/)