

HERBY

Cream Cheese Bagels

1/2 juicy golden delicious apple	1 tsp mayonnaise
1/2 carrot, grated	1 tbsp cream cheese
4 black grapes, quartered	6 chive leaves
squeeze of lemon juice	6 stems of parsley
	2 tarragon leaves

1. Grate the apple and the carrots and add them to a small bowl. Quarter the grapes and add those to the apple and carrot mixture. Mix in the mayonnaise and the cream cheese.
2. Using scissors, snip the chives, parsley and tarragon directly into the mixture. Add a squeeze of lemon and mix. Taste for flavour. You can always add more herbs if you like it extra tasty and healthy!
3. Cut your bagel in half and scoop out the insides of the bagel. You can either eat the soft centre separately or feed it to the birds. Don't waste it though.
4. Spoon the herby mixture into the bagel and enjoy!