PICNIC FOOD WITH THE CRATER RIM WINES

CIABATTA BLT

1 loaf ciabatta

8 strips of bacon, cooked

2 tomatoes, sliced thinly

An iceberg lettuce, sliced

1 large carrot, cut into strips with a peeler

Mayonnaise

1. Cut ciabatta loaf into 4 pieces and cut each one in half so you have a top and a bottom.
2. Place lettuce, carrot and tomato on the base and top with two strips of bacon.
3. Spread mayonnaise on the top and place onto sandwich.

BLUEBERRY BRAN MUFFINS

1 cup flour

1 tsp baking powder

½ tsp salt

¼ cup sugar

11/2 cups bran flakes

1 Tbsp golden syrup

1 Tbsp butter

1 tsp baking soda

1 cup milk

1 egg

1 cup frozen blueberries

1 large mashed banana

1. Put flour, baking powder and salt in a bowl. Add sugar and bran.
2. Melt golden syrup and butter together and dissolve soda in milk. Add these with the egg to the dry mixture. Also add berries and banana.
3. Mix until just combined. Grease muffin tin and fill with mixture. Bake 12 minutes or until cooked through and golden brown at 180°C.

FRUIT KEBABS

24 strawberries

4 kiwifruit

1. Remove stems from strawberries if preferred
2. Peel and cut kiwifruit into quarters.
3. Take 8 kebab sticks and thread a strawberry and a piece of kiwifruit, repeat and then finish with another strawberry.