

Pressels are based on classic pretzels: pressed flat, flavoured with herbs, spices and seeds, and baked not fried.

They are a sensation in the US and they're now available in the UK – exclusively in Waitrose stores.

Pressels are available in three delicious savoury flavours, Original, Sesame and Everything. Eat them on their own, or dunk, spread or top them with your favourite dips, meats or pickles.

Pressels have teamed up with Great British Bake Off contestant Cathryn Dresser to show you how.



INGREDIENTS

Pressels

Waitrose dips: these could include guacamole, hummus, sour cream and chive, tzatziki, taramasalata – or make your own

- Selection of crudites; include Waitrose baby chicory- break the leaves apart, Waitrose Essential cucumber and celery. You can also include baby carrots, cut in half lengthways keeping the green tops.

- Spoon the dips into small decorative bowls and arrange in the centre of a large wooden serving board or large serving plate

- Arrange the vegetables along one half of the platter alternating colours and sizes to make it look bright and exciting

- Put the three flavoured Pressels into dishes and set down the other side of the platter

WIN 5 Sets of Bowls

Here's your chance to win one of 5 sets of bowls.

To enter, place the listed words correctly into this chain puzzle to reveal the 2 words in the coloured boxes for your prize answer.

