



Protect: Ready, Bready Go picnic recipes

We all love to feed the ducks but bread is actually **BAD** for them, especially white bread. Save the bread for yourself and make some delicious food for you and your friends.

Picnic loaf

Why make lots of sandwiches when you can make just one for everyone to share?

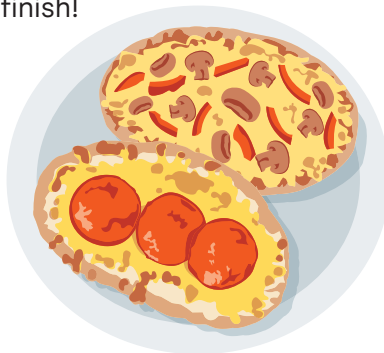
- Cut a small loaf in half horizontally and hollow out the middle
- Spread with mayonnaise or butter
- Place the two halves back together and fill with your choice of salads, meats and cheese
- Cut into tasty chunks when you are ready to eat



Pitta pizzas

Pitta breads make ideal ready-made pizza bases.

- Heat the oven to 200C (180C fan)
- Spread 1tsp of tomato puree over each pitta
- Add your favourite toppings – we like to add chorizo and lots of grated cheddar or mozzarella
- Place on a pre-heated baking sheet and bake for ten minutes until the pitta is crisp and the cheese has melted
- Sprinkle some basil leaves over the top for a professional finish!



Did you know ducks love...

- Chopped vegetable peelings
- Porridge oats
- Defrosted peas
- Sweetcorn
- Seeds
- Rice
- Chopped lettuce

Garlic bread

There are lots of different ways to make garlic bread – try this easy way to make garlic toasts.

- Cut a ciabatta or baguette in half lengthways
- Toast the crust side for 2 minutes until really crusty
- Mix 140g butter with 4-6 garlic gloves and a handful of parsley
- Spread the garlic butter on the insides and sprinkle with parmesan
- Grill for 5 minutes until lightly golden
- Cut into thick slices

