

Stuffed Nasturtium Flowers.

Stuffed nasturtium flowers make pretty little appetisers to serve with drinks.

Choose large flowers if possible.

Check for insects hiding inside and then stuff 3/4 full with a herby cream cheese mix, or a thickish dip like guacamole.

Wrap the petals around the top of the stuffing and serve on thick slices of cucumber or small round crackers.