# Hummus and crudites: Serves 4

# Ingredients

## Hummus

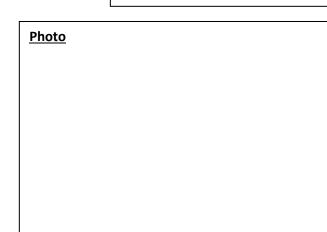
- 400g can of chickpeas
- 2 tbsp lemon juice (In school)
- 2 garlic cloves
- 1 tsp ground cumin (In school)
- pinch salt
- 1 tbsp tahini (1n school)
- 2 tbsp extra virgin olive oil (In school)
- 1 tsp paprika (In school)
- 2 rounds bread (Pitta or other)

### Crudites

• 1 carrot/ 1 pepper/ 1/2 cucumber

### Method

- 1. Get ready to cook...
- 2. Peel and crush garlic.
- 3. Open and drain the chickpeas and rinse. Reserve a few whole chick peas for serving.
- 4. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, and 4 tbsp water in a food processor, and blend to a creamy purée.
- 5. Add more lemon juice, garlic, cumin or salt to taste. Put into serving dish. Cover and chill.
- 6. Peel and cut carrot into batons
- 7. Wash and de-seed pepper, cut into batons
- 8. Wash and cut cucumber into batons
- 9. Sprinkle hummus with a few spare chick peas and some paprika and serve with pita bread slices and crudites.



#### **Nutrition**

Nutrients in hummus

Nutrients in pita bread

Nutrients in vegetables

<u>Special dietary groups</u> Hummus is suitable for

Hummus is not suitable for

Safety