

## 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/ ½ 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

#### **Special dietary groups**

Hummus is suitable for

Hummus is not suitable for

#### **Safety**

#### **Photo**