



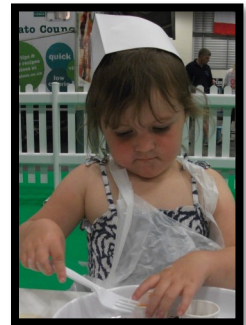
Mary's Amazing Hummus

There are many variations of this recipe. This is a child friendly recipe with healthy crudities. Perfect for your children! Children love hummus because its easy to make, tasty and nutritious!



Ingredients:

1 x 400 can of chickpeas drained / 1-3 cloves of garlic / 3/4 cup of water
Juice of half a lemon/ 2 tbsp. of rapeseed oil / 1/2 tsp of cumin / 1/2 tsp of salt / carrot/ pepper /mangetout and cucumber. (choose your favourite vegetables)



Equipment:

Bowl, teaspoon, tablespoon, colander, fork, garlic press, microwave

Method

1. Drain chickpeas into a colander and rinse in cold water.
2. Place in a bowl, cover and cook in the microwave for 2-3 minutes, to soften.
3. Using a fork, mash the chickpeas. Wash your chosen vegetables and cut to size.
4. Peel garlic cloves and crush them using garlic press or on a chopping board and mix with water.
5. Add to the mashed chickpeas with the lemon juice olive oil salt and cumin and stir well until blended.
6. Transfer into a serving dish and the serve with your favourite vegetable crudities
7. Serve and enjoy!



Always ask for an adult's permission before cooking in the kitchen

