

Veggie Cups and Dip



Hummus:

- 1 x 400g tin of chickpeas
- 2 teaspoons of Tahini
- 1 garlic clove, crushed
- Pinch of sea salt
- 3 Tablespoons of olive oil
- 2 Tablespoons lemon juice

Veggies:

- 1 red pepper
- 1 yellow pepper
- 1 carrot
- 1/2 cucumber

INSTRUCTIONS

1. To make hummus: Wash the chickpeas in cold water. Add all the hummus ingredients to a food processor or a nutribullet or you could blitz using a hand blender. Blitz until smooth.
2. Chop all the veggies into long strips. Make sure to have an adult help you with this.
3. Layer hummus into little cups and arrange the chopped veggies.

This recipe is great for practising your cutting skills – remember to use the claw or bridge to hold your veggies in place as you chop!

You can always cheat and buy the hummus if you don't have a food processor – the important bit is to use those chopping skills!