



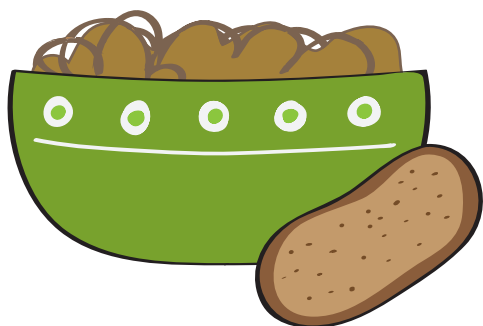
Today's special Hummus dip and veggies

ingredients (for 16 squares)

345g jar of chickpeas (previously drained and rinsed)
1 clove of garlic
1 lemon
1 tbsp olive oil
Salt
¼ red pepper
½ large cucumber
Carrot sticks previously sliced by adult
Breadsticks

materials (per child)

1 large bowl
1 butter knife
1 wooden spoon
1 small sieve or lemon juicer
1 small/medium bowl
1 plate
1 hand blender (use with adult help)
1 sharp knife for the adult helping you!



1· Squeeze the lemon to extract its juice. Squeeze the juice over the sieve in the bowl to catch any seeds.

2· Remove the skin from the clove of garlic. Put the garlic in the bowl with the chickpeas and lemon juice.

3· Add the olive oil to the bowl.

4· Next, add a pinch of salt. Mix everything with a spoon.

5· Use the hand blender to purée all the ingredients. Blend until smooth and add a little bit of water if needed.

6· Put the hummus dip into a small bowl for dipping.

7· Now cut up the cucumber and peppers into sticks. Remember to ask for help with the cutting!

8· Next arrange the veggies and breadsticks on a plate.

9· Dip the veggies and breadsticks into the hummus.

10· Eat and enjoy!

Can you find 5 ingredients that we used in this recipe?
Circle the correct ones!

