

SPAR 

BETTER CHOICES kids



FREE RECIPE
TO TAKE HOME



Hummus Dip

**SERVES: 2****PREPARATION TIME:** 5 minutes**INGREDIENTS:**

- 400g Chickpeas (1 can)
- 1 Tablespoon tahini (sesame paste)
- 2 Tablespoons olive oil
- 1-2 Tablespoons lemon juice
- 1 Clove of garlic
- 1 Teaspoon of cumin powder
- Salt to season
- Vegetables to dip

METHOD:

1. Ask help from a grown up with this recipe. Drain the chickpeas but keep the liquid for use later
2. In a food processor puree the chickpeas, oil, tahini and 1 tablespoon of lemon juice
3. Press the garlic into the puree and stir in the cumin
4. Stir in the reserved chickpea liquid until the puree has the desired thickness
5. Add the remaining lemon juice and season to taste with salt
6. Cut vegetables that can be used as dippers, such as carrots, broccoli, cucumber and tomatoes.

TIP!

The Vitamin A in carrot sticks help keep your eyes healthy'

**ENJOY!**