



HOMEMADE HUMMUS & FRESH CRUDITES

After-school club: this recipe provides a portion of vegetables.

Recipe adapted from: Food for Thought, Liverpool.

Ingredients

4 x 400g cans chickpeas, canned, drained and rinsed (drained weight 960g)
24g (6 cloves) garlic, peeled and crushed
30ml (1½ lemons) lemons, juice only
6g (2tsp) paprika
350ml olive oil
3g (1½ tsp) black pepper
400g carrots, peeled, cut into batons
400g cucumber, cut into batons
400g mix of red, yellow and green peppers, deseeded and cut into batons
400g celery, cut into batons

Method

1. Blend the chickpeas, garlic, lemon juice and paprika in to a food processor (or use a hand blender and blend until smooth).
2. Slowly add the olive oil to achieve smooth consistency.
3. Season with black pepper.
4. Serve with carrot, cucumber, mixed pepper and celery crudités.

Serving suggestion: serve with wholemeal pitta breads.



Number of portions this recipe makes:

32 primary servings (90g)
20 secondary servings (150g)



Prep: 15 minutes
Cook: None



Allergy information:
Celery, sulphites



Top Tips

Swap chickpeas for white or black beans.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils and spreads based on unsaturated fats.