SCHOOL FOOD PLAN





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.

HOMEMADE HUMMUS & FRESH CRUDITES

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

Recipe adapted from: Food for Thought, Liverpool.



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 (11/2 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

- 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.
- Season with black pepper.
- Serve with carrot, cucumber, mixed pepper and celery crudités.

Serving suggestion: serve with wholemeal pitta breads.

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.



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/www



