

Houmous, Pitta and Crudités

Serves 10

| Ingredients | |
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| 600g chick peas, canned in water. Drained and rinsed. | 4 tbsp (60ml) sunflower or olive oil |
| Juice of 1 lemon (20ml) | 20g chopped fresh parsley |
| 4 cloves (24g) garlic, peeled | 10 pita breads (wholemeal or white) |
| 1tsp (6g) ground cumin | 20 (300g) cherry tomatoes 2 (320g) peppers, deseeded and cut into strips 2 (200g) carrots, peeled and cut into batons (sticks) |

- **METHOD:**
- Place the chickpeas, lemon juice, garlic and cumin into a blender and blend into a thick paste.
- Gradually add the oil a little at a time until you have a dipping consistency.
- Prepare the tomatoes, peppers and carrots for crudités and toast the pita breads.
- Serve 60g Houmous with 1 pita bread cut into strips and a mixture of the crudités.



- ✓ **COOK'S TIP: PREPARE EXTRA CARROTS AND 1 ADDITIONAL VEGETABLE TO MAKE A PUREE FOR WEANING DIETS.**
- ✓ **FOR WHEAT FREE DIETS, OMIT PITA AND SERVE WHEAT FREE BREAD**

| Nutrition analysis per serving | | | | | | | |
|--------------------------------|-------------|---------|------------------|-----------|----------|-----------|--------------|
| Energy (kcal) | Protein (g) | Fat (g) | Carbohydrate (g) | Sugar (g) | Salt (g) | Iron (mg) | Calcium (mg) |
| 271 | 10 | 8 | 42 | 0.1 | 0.6 | 2.6 | 88 |