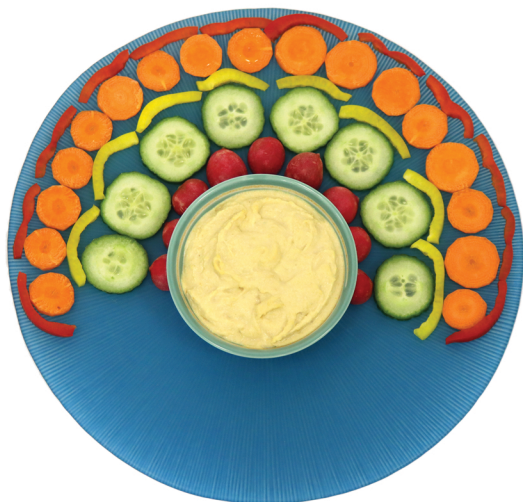


Veggie-Bow Bridge

Method



Ingredients

- 1 400g can of chickpeas, drained.
- 1 clove garlic, crushed.
- 1 tablespoon tahini.
- The juice of lemon.
- 2 tablespoons olive oil.
- Selection of colourful raw vegetables, washed and cut into different shapes, for example:
 - A red and yellow pepper, cut into batons
 - A carrot, peeled and cut into slices
 - Half a cucumber, cut into slices
 - A handful of radishes, cut in half

1. Tip the chickpeas, crushed garlic, tahini, lemon juice and olive oil into a blender. Whizz them together until you have a rough paste, you don't want your hummus to be too smooth! You can add a splash of water to help the hummus blend. Ask your grown-up helper to help you use a blender as they can be very whizzy!

2. If you don't have a blender, mash your hummus by hand using a potato masher.

3. Spoon the hummus into a bowl, and place in the centre of a large plate.

4. Next you can start to make your veggie rainbow.

5. With very clean hands, place your veggie shapes around half the plate, to make a rainbow shape. You can arrange them in the order of the colours of the rainbow, or any pattern you like.

6. You will have a lovely colourful sharing platter, to dip and enjoy!