

IT'S A SNACKDOWN BLOOMING VEGGIES WITH LEMONY HUMUS

Servings: 10

Ingredients:

- 4 bell peppers in different colors (green, yellow, red, or orange)
- 6 medium carrots, peeled

Hummus:

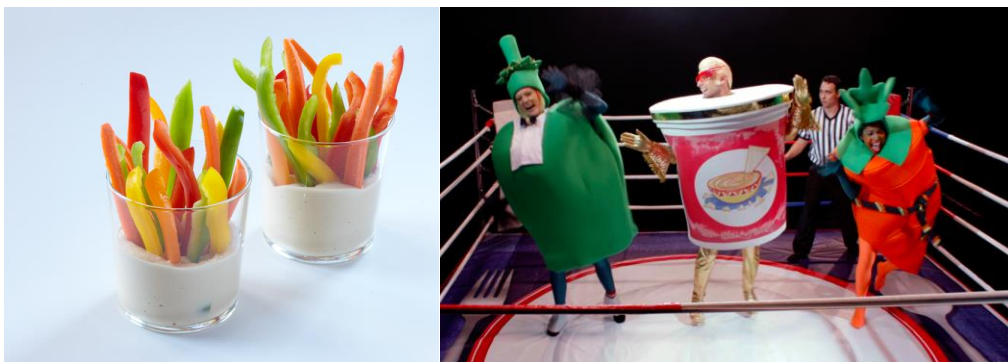
- 1 can chickpeas or garbanzo beans (15-19 ounces), drained and rinsed
- 1 ½ Tbs. tahini
- 1 garlic clove, peeled and crushed
- 3 Tbs. freshly squeezed lemon juice
- 3 Tbs. olive oil
- ½ tsp. sea salt
- ¼ cup warm water

Directions:

- Cut bell peppers and carrots into strips. Set aside.
- Put all the ingredients for the hummus in a blender; process until smooth. Add 1 tbs. of warm water at a time until desired consistency.
- Divide the hummus evenly into cups or mason jars. Stick the veggies into the hummus with the ends coming out like a colorful sunburst or blooming flower.
- Serve immediately or store in refrigerator for up to 3 days.

ALWAYS wash fruits and veggies when preparing for cooking or eating.

When cooking, cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.



The Mickey Check helps kids and families identify foods and beverages that meet The Walt Disney Company's Nutrition Guidelines in stores, online, in Parks and at branded experiences.