



Carrot Patches

Ingredients:

- 1 whole small Green, Red, Yellow, or Orange Pepper
- 3 to 4 TBS Hummus
- 4 Baby Carrots

Optional: Sprigs of parsley to be used as the green tops of the carrots.

What is Hummus

Originating in the Middle East, hummus is made up of cooked & mashed chick peas mixed with olive oil, lemon juice, salt, garlic, & ground sesame seeds known as tahini.

Ingredients can be added and changed to create different flavors of hummus. Some changes include vinegar instead of lemon juice and the addition of roasted red peppers. Hummus is a nutritional option as a vegetable or pita dip because it is high in iron, folate, vitamin C, and vitamin B6 which are all important in keeping you energized!

Hummus is also a good source of protein and fiber because it is made of the bean know as chick pea.

Hummus is a great vegetarian option too!

Look for hummus in the refrigerator isle near the cheeses and spreads and they usually come in a variety of flavors.

So why not try something new?



Directions:

- Take Pepper & cut off the top and hollow out
- Fill Pepper with Hummus
- Place Carrots in Hummus
- Use Carrots to dig up the Hummus & then eat the Pepper too!

For the optional green tops of carrots, use a tooth pick to put a hole in the top of each carrot. Then, place a sprig of parsley in the hole for the green tops.

Help the Bunny Find the Carrot

