

## Dips and Sticks

### Ingredients

- 1 carrot
- ½ red or yellow pepper
- ¼ cucumber
- 4 x 15ml spoons hummus
- 1 x 15ml spoon plain yogurt
- Handful of fresh chives
- Squeeze of tomato puree
- Pinch of sugar
- 2 Pitta Breads

### Equipment

Knife, chopping board, vegetable peeler, measuring spoons, small bowl, kitchen scissors, spatula.

### Method

- Top and tail the carrot, then peel.
- Slice the carrot into sticks.
- Remove the seeds from the pepper, and slice into strips.
- Cut the cucumber into thin sticks having removed the skin and the seeds.
- Place the hummus and yogurt together in the small bowl and mix.
- Split between two bowls
- Snip the chives into one bowl.
- Put the sugar and tomato puree into the other
- Stir each bowl .
- Serve the two dip, surrounded by the vegetables and sliced toasted pitta bread

### Top tips

- Use different types of vegetables, e.g. spring onion, celery, broccoli.
- Add other types of herbs, such as parsley and coriander, or perhaps add lemon and chilli.
- Make a dip using 100g low fat cream cheese and 2x15ml spoons tomato sauce.
- Wash all the vegetables before using them.

### Skills

Bridge hold	Claw grip	Peeling	Using scissors to snip	Stirring	Measuring
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