

HEALTHY KIDS MENU



Approved Recipe

*By Matt Golinski, celebrity chef and
Health and Wellbeing Queensland's
healthy food ambassador*

Hommus 'Echidna'

This is a simple, fun way to present hommus with vegetable sticks, kept fairly plain so it will appeal to most kids.

15 kids serves

(Makes approximately 800gm hommus)

Ingredients

- 2 x 400gm tin chickpeas, drained and rinsed
- 150gm tahini
- 80ml lemon juice
- 120ml cold water
- 1 tsp paprika
- 1 tsp salt
- 2 medium carrots, cut into 3mm sticks
- 2 sticks celery, cut into 3mm sticks
- 1 continental cucumber, seeds removed, cut into 3mm sticks
- 1 red capsicum, cut into 3mm sticks
- 20 stuffed olives

Method

1. Blend chickpeas, tahini, lemon juice, water, paprika and salt in a food processor until smooth.
2. Refrigerate until cold.
3. Spoon about 80gm of hommus into a large ramekin and poke the vegetable sticks in randomly to create the echidna's 'spikes'.
4. Use 2 stuffed olives per serve as eyes!



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