

Let's make! Hummus

Food Flair recipes are a unique way to explore new and healthy foods with your toddler or preschooler. Learning to cook helps children take pride in what they make and encourages them to try new foods. These activities help families reconnect food and fun, so enjoy the experience of preparing food together!



Recipe for Hummus

What you need:

1	19 oz/540 mL can garbanzo beans (chickpeas), drained and rinsed	540 mL
1	Lemon	1
1	Clove garlic	1
1 cup	Plain yogurt	250 mL
1½ tsp.	Olive oil	7 mL
¼ cup	Tahini (sesame butter)	60 mL

Note: Possible allergen

How to:

1. Drain and rinse the garbanzo beans.
2. Use a hand juicer to get the juice out of the lemon.
3. Mince or finely chop the garlic.
4. Put the garbanzo beans in a bowl and mash them with a potato masher.
5. Stir in the lemon juice, garlic, yogurt and olive oil.

You will need all the foods listed in the recipe, as well as a mixing bowl, a potato masher, a fork or spoon for stirring and a hand juicer. A blender or food processor is also useful.

Hints for success

- ❖ A toddler can help mash the beans.
- ❖ A young preschooler can help measure, pour and stir.
- ❖ Older preschoolers can also crush the garlic and use the hand juicer.
- ❖ As you prepare the hummus, read the recipe with your child. Talk about what you are doing in each step.

Would you like to try some pita bread with hummus?

Hummus makes a good dip for vegetables. Let's try it with celery.

Ways to say it

More ideas for Hummus

Try this way

- ❖ Try peanut butter (unsalted and unsweetened) or almond butter instead of tahini.
- ❖ Try mixing all the ingredients in a blender or food processor. Make the recipe both ways, and talk with your child about the difference in texture.
- ❖ Make and try a variety of dips, e.g. fruit dip made from $\frac{3}{4}$ cup plain yogurt, $\frac{1}{4}$ cup granola and 2 tablespoons of coconut; vegetable dip made from $\frac{3}{4}$ cup plain yogurt, 2 tablespoons mayonnaise and $\frac{1}{4}$ cup dried vegetable soup mix; etc. Give everyone their own portions to avoid "double-dipping."
- ❖ Explain that people in several countries of the Middle East like to eat hummus. Talk about how good foods come from many different places in the world.



Safety tips

- Help children wash their hands before cooking or eating.
- Refrigerate or discard leftovers right away to prevent spoiling.
- If there is a family history of allergies, introduce one new food at a time to your child. Watch your child for signs of allergy—such as vomiting, hives, swelling, itchy lips or throat or a hard time breathing.
- If your child is having a hard time breathing, call 911 right away. For more information on allergies, call HealthLink BC (811) or visit www.anaphylaxis.org/content/whatis/qa.asp

Activity links

Use this recipe card with other Food Flair activity cards:

- Eating around the world—Chopsticks
- Eating around the world—Tasting passports