

Veggie Snacks

Ingredients

- 2 celery sticks
- ½ small cucumber
- 1 yellow pepper
- 1 red pepper
- 4 x 15ml spoon hommous
- 1 x 15ml spoon natural yogurt
- small bunch of chives



Equipment

Sharp knife, chopping board, kitchen scissors, mixing bowl, spoon and plate.

Method



1. Cut the celery into 5cm lengths,



2. Cut the cucumber into 5cm lengths.



3. Cut the cucumber in half lengthways.



4. Scoop out the seeds from the cucumber.



5. Cut the pappers in half and remove the seeds and stalk.



6. Cut into large chunks.



7. Place the hommous and yogurt in a bowl.



8. Snip the chives into small pieces, using kitchen scissors, into the bowl.



9. Mix the ingredients together until smooth.



10. Spoon the mixture into the vegetables.

Handy Hints

Remember to wask all vegetables before cooking.
The seeds from the pepper may sting. Try not to touch your face when handling.