

Snack 3

Vegetables and hummus:

Creamy beet, mint and lemon hummus and crispy capsicum sticks.

LC

GF

V

VE



Ingredients

¼ cup diced beets

¼ cup chickpeas

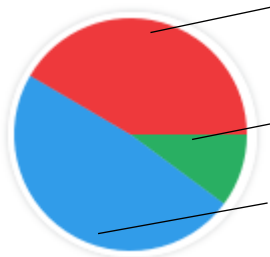
¼ lemon

1x teaspoon garlic minced

2x tablespoons chopped mint

1x teaspoon olive oil

3x strips yellow, red, and green capsicum



Fats: 5.7g (41.6%)

Protein: 3.7g (10.1%)

Carbohydrates: 10.9g (48.3%)

See the directions for this recipe and the full nutrition panel on the following page.

Garden produce in this meal



Beetroot



Capsicum



Mint

Instructions

1. Cut your beets into chunks, toss in olive oil and roast for 30mins.
2. In a food processor put your roast beets, chickpeas, lemon, garlic, mint, and olive oil and blend until it is smooth.
3. Serve with vegetable sticks for dipping.

Beet hummus and vegetables

Nutrition Information

Serving Size: 1 Serving

	Average Quantity per Serving	%Daily Intake*
Energy	503.6 kJ	6 %
Protein	3.7 g	7 %
Fat, total	5.7 g	8 %
- saturated	0.7 g	3 %
Carbohydrate	10.9 g	5 %
- sugars	5.4 g	
- lactose	0 g	
- galactose	0 g	
- starches	5.8 g	
Dietary Fibre	4.1 g	14 %
Sodium	108.5 mg	5 %
Vitamin C	53 mg	
Vitamin A	106.3 µg	
Calcium	31 mg	
Iron	0.9 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Chop and change the vegetable sticks on offer with the seasons. Carrots, celery, snap peas, and cucumber also work well with hummus.