



Homemade Hummus & Flatbread with Veggies — Kid participation encouraged!

Sue Honkamp, Real Food 4 Kids, www.realfood4kids.com

First: Wash and chop lots of fresh vegetables: Rainbow colored carrots, Cucumbers, Bell Peppers, Snap Peas, and more!

Hummus

1 15 oz can chickpeas, drained and rinsed
 $\frac{3}{4}$ teaspoon salt
1 clove garlic, roughly chopped
 $\frac{1}{2}$ teaspoon cumin
3 tablespoons freshly squeezed lemon juice
 $\frac{1}{4}$ cup tahini (ground sesame seeds)
 $\frac{1}{4}$ cup olive oil

1. Place the chickpeas, salt, garlic, and cumin in a food processor and process for about 15 seconds until a paste forms. Scrape down the sides of the bowl as needed.
2. Add lemon juice and process again for another 15 seconds
3. Add oil and tahini and process again. If the mixture is too thick, add 1-2 tablespoons of water and process.

Flatbread

$1\frac{1}{4}$ cups water, warmed to about 100°F
 $1\frac{1}{2}$ teaspoons active dry yeast
3 cups all-purpose flour
1 teaspoon salt
1 tablespoon olive oil

1. Place the water in a bowl and add the yeast. Mix with a fork to dissolve and let the yeast proof until about 5 minutes, until bubbly.
2. Combine the flour, salt, and olive oil in a bowl and stir to combine. Add the yeast mixture and stir until the dough becomes a ball. You will have to use your hands at the end.
3. Oil the inside of a medium sized bowl and place the dough in the bowl. Cover and let proof in a warm spot for about 1 hour, or in the refrigerator overnight.
4. Preheat a griddle, skillet, or cast iron grill pan. Divide the dough into 4-8 pieces. Stretch out each piece and lightly brush with olive oil. Cook for a few minutes per side.