

Hummus, pepper and grated carrot pockets

Ingredients

½ red or green pepper
½ carrot
2-3x15ml spoons hummus
2 pitta bread

Equipment

Chopping board, knife, grater, vegetable peeler,
measuring spoons, small bowl.

Method

1. Wash the pepper and carrot.
2. Deseed the pepper and cut into long thin strips.
3. Top, tail and peel the carrot.
4. Grate the carrot.
5. Mix the hummus with the carrot and pepper.
6. Cut the pitas in half.
7. Spoon the hummus mix between the pitta bread.

Tips

- * You may like to toast the pitta bread before filling.
- * Use different types of pitta bread, e.g. garlic, wholemeal.
- * Vary the crunchy vegetables and fruit in the pockets, e.g. celery, spring onion, grated apple.
- * Fed up with hummus? Go for a tuna-mayo mix, grated cheese or sliced boiled egg.

