

Healthy Eating For the Whole Family

Ideas to support Healthy Eating, snacks and well-being

Pepper & walnut hummus with veggie dippers

Preparation and cooking time

Prep: 10 mins

Cook: 6 mins

Easy

Serves 2

Pack in the vegetables with this quick-to-make dip blitzed with sweet roasted red peppers and served with courgette, celery and carrot batons

- Dairy-free
- Gluten-free
- Healthy
- Vegetarian
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Nutrition: per serving kcal 296 – fat 14g, saturates 2g, carbs 30g, sugars 9g, fibre 12g, protein 14g, salt 0.8g.



Ingredients:

- 400g can chickpeas, drained.
- 1 garlic clove.
- 1 large roasted red pepper from a jar (not in oil). 100g
- 1 tbsp tahini paste.
- Juice of ½ lemon.
- 4 walnut halves, chopped.
- 2 courgettes cut into batons.
- 2 carrots cut into batons.
- 2 celery sticks cut into batons.
- (batons mean thin sticks)

Method

Put the chickpeas, garlic, pepper, tahini and lemon juice in a bowl. Blitz with a hand blender or in a food processor to make a thick purée. Stir in the walnuts. Pack into pots, if you like, and serve with the veggie sticks. Will keep in the fridge for two days, although the vegetables are best prepared fresh to preserve their vitamins.

By Making Changes what the family eats and choosing a Healthier LIFESTYLE the Whole Family will benefit in their Health and Well-being.

- Download App - Food Scanner Change4life.
- Record Meal Patterns and what is eaten day/week.
- Portion sizes. (use a smaller plate when serving up at mealtimes)
- Change the types of snacks & drinks the family consume. eg Make your own POP-Corn!
- Create regular meal patterns; Breakfast/Lunch/Dinner
- Healthy Snacks: fruits, veg and dips (try the recipe above).
- Healthy Drinks (unlimited water can be flavored by fresh fruit, fresh mint, fresh ginger, diluting squashes, and juices).
- Healthy Meals: use less salt, oil and sugar in your meals.
- Healthy shopping ideas and meal preparation.
- Keep active by walking and exercising everyday.

Produced by

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