

Recipe

WOYC: Hummus Dip

INGREDIENTS:

- 14.5 oz. can of chickpeas, drained and rinsed
- 1/2 cup plain Greek yogurt
- 2 T. fresh lemon juice
- 1 garlic clove, peeled and chopped (optional)
- 1 tsp. cumin
- 1/2 tsp. salt

*Caution: Always check for allergies before serving foods. Make substitutions as needed.

DIRECTIONS:

Supervise children as they wash their hands in preparation of helping. Invite them to help measure and pour all of the ingredients into a food processor. Be sure to identify the foods and spices as you add each one. Have children stand back while you blend the ingredients. (If the mixture seems a bit dry, add a small amount of water or olive oil.) Pause the machine several times to scrape down the sides to make sure that all of the ingredients are evenly blended. Each time you scrape down the sides, invite children to observe the mixture and share the changes they notice.

Once the hummus is very smooth, place a small amount of it on a plate for each child, along with an assortment of whole grain crackers, pita chips, or vegetables. Invite children to enjoy their snack by dipping the foods into the hummus.



Recipe

Sea Biscuits

INGREDIENTS:

1/4 cup butter, softened
3 oz. cream cheese,
 softened
2 cups flour
1 T. baking powder
1/2 tsp. salt
3/4 cup milk

*Caution: Always check for allergies before
serving foods. Make substitutions as
needed.

DIRECTIONS:

Preheat the oven to 450°F. Have children take turns mixing the flour, baking powder, and salt. Add softened butter and cream cheese. Use a pastry cutter to mix until the dough is the size of small peas. (Invite children to help with this step—a pastry cutter may be a new tool for them.) Add the milk and mix just until the dry ingredients are wet. Do not stir much or the biscuits will be tough.

Turn the dough onto a floured surface. Roll out the dough until it is about half an inch thick. Cut the dough into biscuits with a cookie cutter or round glass. Place on a baking sheet and bake for 10–12 minutes or until golden brown. Let cool, and serve with jam or butter and cups of milk.

