

Hummus with Veggie Sticks

Houmous et bâtonnets de légumes

- 5 min
- Easy
- 180 kcal per serving
- Snack
- Vegan
- Quick
- Gluten-Free
- Kids



Ingredients

FOR ONE SERVING

Hummus (<i>Houmous</i>)	100 g
Carrot (<i>Carotte</i>)	2
Cucumber (<i>Concombre</i>)	0.5
Bell pepper (<i>Poivron</i>)	1

Nutrition facts

PER SERVING

Calories	180
Protein	7 g
Carbohydrates	18 g
Fat	10 g
Fiber	5 g

Preparation

- 1 Wash the carrot, cucumber, and bell pepper thoroughly.
- 2 Peel the carrot if you like, then cut the carrot, cucumber, and bell pepper into thin sticks.
- 3 Spoon the hummus into a serving bowl and smooth the top.
- 4 Arrange the vegetable sticks around the hummus or on a plate beside it.
- 5 Add a pinch of salt and pepper to the vegetables if desired, then serve right away.

GOOD TO KNOW

Keep the veggie sticks cold for extra crunch.