



Crudit  Appetizer

Ingredients:

- Hummus (check sodium if watching)
- Cucumbers (we prefer English)
- Baby carrots
- Cherry tomatoes
- Other veggies as desired

Directions:

- Slice cucumbers into 1/3 inch rounds
- Spoon hummus into small plastic bag and, without sealing work into one corner
- Using sharp scissors, cut a very small opening in one corner of bag
- Pipe about 3/4 teaspoon of hummus on top of each cucumber round
- Top each with sliced cherry tomatoes, carrots, chives, etc.
- Get creative!

Note: The sky is the limit for creativity and versatility of these. They make an elegant start to a dinner party (we never host a family gathering without them), but they are equally good as a weekend lunch, snack or as a fun addition to a weeknight meal. Easy and healthy - you can't go wrong. They are also great for kids to make.

*** The Hummus Guy (available at Whole Foods) makes a (relatively) low salt hummus. When time and energy allows you can make your own. ;)*