



Haunted Hummus

Our Haunted Hummus is a great way of serving dips at your Halloween party! Children will love dipping vegetable sticks, breadsticks or shaped tortilla into this haunted hummus.

Ingredients

- 1 can chickpeas (in water)
- 1 can pumpkin puree
- 2 tbsp tahini
- 2 tbsp lemon juice
- 1/2 tsp chilli powder
- 1/2 tsp ground cumin
- 3 garlic cloves

Equipment

- Blender
- Tin opener
- Measuring spoons
- Halloween cookie cutters
- Blunt knife

Serve With:

- Vegetable fingers
- Pitta/ tortilla/ breadsticks

Recipe Method

- 1) Using the measuring spoons, help the children to measure out the ingredients. Parents/practitioners can open the tinned ingredients.
- 2) Place all the ingredients in a food processor and blend until smooth. Add a dash of water if the hummus is too thick. You can ask the children to do some taste testing and adjust the seasoning!
- 3) Encourage children to pour or spoon the hummus into bowls. To make it look like a pumpkin, make a green stem using cucumber or any other green vegetables.
- 4) Children can use a blunt knife to add lines for a pumpkin effect!
- 5) Use your favourite cookie cutters to create the perfect pitta/tortilla dips
- 6) Serve and enjoy!



Opportunities for Learning

Develop cooking skills: measuring, pouring and dipping.

Encourage discussion and learning about food: ask children questions such as:

- what colour are pumpkins?
- how do you grow a pumpkin?
- do you know what hummus is made from?
- what are your favourite spices to add to the hummus?

Mathematics: encourage children to:

- check there are enough ingredients and equipment for everyone
- check how many grams are in the can of chickpeas and pumpkin
- gain awareness of different measurements e.g. tablespoon, teaspoon
- use a visual timetable to sequence the order of creating the recipe.