

# CUCUMBER CUPS

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**Prep time: 10 minutes**

**Servings: 2**

**Serving size: 4 rounds**  
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Gisbert Grasshopper loves how green and delicious this cucumber recipe is. What makes it even more hoptacular is that there's also a bunch of other yummy colourful veggies included!



## INGREDIENTS:

- 1 cucumber
- 1/2 cup hummus
- 1/2 red bell pepper
- 8 baby carrots

## EQUIPMENT AND SUPPLIES:

- Spoon or melon scoop
- Knife
- Cup

*Adult supervision required.*

## DIRECTIONS:

1. Cut the cucumber into 8 (1-inch) rounds. With a spoon or melon scoop, remove some of the seeds to make a cup. Fill each cup with 1 tablespoon hummus.
2. Remove the seeds from the pepper and cut it in half again lengthwise. Cut each half into 8 slices. Slice each carrot in half end to end.
3. Place 2 pieces of carrot and 2 pieces of pepper in each cup. Serve and enjoy.

<b>Nutrition Facts</b> Serv. Size approximately 4 rounds, Amount Per Serving: <b>Calories</b> 157, <b>Total Fat</b> 6g, Saturated Fat 1g, Trans Fat 0g, Sodium 158mg, Total Carbohydrate 23g, Dietary Fiber 5g, Sugars 6g, Protein 5g
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