



## Dippy divers

### Ingredients

1 carrot  
½ red or yellow pepper  
¼ cucumber  
4 x 15ml spoons hummus  
1 x 15 ml spoon plain yogurt  
Handful of fresh chives

### Equipment

Knife, chopping board, vegetable peeler, measuring spoons, small bowl, kitchen scissors, spatula.



### Method

1. Top and tail the carrot, then peel.



2. Slice the carrot into sticks.



2. Remove the seeds from the pepper, and slice into strips.



4. Cut the cucumber into thick slices.



5. Place the hummus and yogurt together in the small bowl.



6. Snip the chives into the bowl.



7. Stir everything together.



8. Serve the dip, surrounded by the vegetables.

