

Kid-Created Sweet and Savory Middle Eastern Hummus + Bite Sized Dippers + Cinnamon Milk Tea



kid-created sweet and savory middle eastern hummus

measure + blend

Drain **1 or 2 15-oz cans of cooked chickpeas** (reserve the liquid!) and add to a blender or food processor. Measure and add **3 T olive oil** and **¼ C tahini**. You could also make hummus out of frozen, thawed cauliflower, edamame, or canned (not pickled) beets!

season + mix

Scoop hummus into a bowl. To make **Sweet Hummus**, add any combination of the following ingredients: **mashed ripe banana, mashed canned pumpkin, chocolate chips, cocoa powder, cinnamon, nutmeg, ginger, lemon zest/juice and sugar/honey/maple syrup!** Taste as you go and have kiddos add more of any ingredient they choose. To make **Savory Hummus**, add any combination of the following ingredients: **Fresh minced garlic OR garlic powder, lemon/lime zest/juice, salt, pepper, paprika, cumin, chile powder, oregano, basil, cilantro, etc.** Taste as you go and have kiddos add more of any ingredient they choose. Serve with **Bite Sized Dippers** and **Cinnamon Milk Tea!** (recipes continued below)

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking



bite-sized dippers

slice + toss + toast

Slice **6 slices of bread** in thirds, then cut each third in half. If using **pita bread**, cut into bite sized wedges! Toss sliced bread/pita with **olive oil** and pinches of **salt and pepper**. Heat a large skillet to medium, then toast bread until golden brown, flipping to toast both sides.

slice + chop

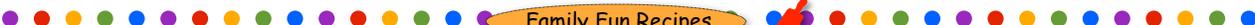
Slice **1 cucumber**, **1 apple**, **2 stalks celery**, and **1 red bell pepper** into bite sized pieces. Arrange on a plate with a **handful of baby carrots**, toasted bread dippers, and serve with **Sweet and Savory Hummus!**

cinnamon milk tea

measure + add + simmer + whisk

Measure and add **2 C milk**, **2 C water**, **¼ C sugar/honey/maple syrup**, a **pinch of salt**, and a **big pinch of ground cinnamon** to a sauce pot. Bring to a simmer and whisk until sugar dissolves. Then pour into cups and CHEERS!

::continued::



Family Fun Recipes



Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking

shopping list!

Kid-Created Sweet and Savory Middle Eastern Hummus

- 1 or 2 15-oz cans chickpeas
- Sweet add-ins: cocoa powder, cinnamon, chocolate chips, mashed banana, canned pumpkin, sugar/maple syrup/honey, ginger, nutmeg, lemon juice/zest, etc
- Savory add-ins: minced garlic or garlic powder, lemon/lime zest or juice, salt, pepper, paprika, cumin, chile powder, oregano, basil, cilantro, etc
- 3 T olive oil
- 1/4 C tahini

Bite Sized Dippers

- 6 slices bread OR pita
- 1 cucumber, 1 red bell pepper, 2 stalks celery, handful strawberries, 1 apple, baby carrots
- Olive oil, salt and pepper

Cinnamon Milk Tea

- 2 C whole milk or rice/coconut milk
- 1/4 C sugar/honey/maple syrup
- Pinch salt
- Big pinch cinnamon

::continued::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking

Cooking off the Cuff!

Have kid chefs choose their hummus add-ins for savory and sweet jazzed-up versions of this classic recipe! Let them choose how they're going to season their hummus - cinnamon sugar? Chocolate? Cinnamon? Chile powder? Lime? Also: encourage them to decide how they want their hummus to look. Chunky or blended or mashed? By giving kids creative liberty in the kitchen within a boundary of ingredients, they learn to explore and trust in their own ability to create delicious food!

Tools used in this recipe: Kid-friendly knives, cutting boards, hands, blender

Hummus Facts + Facts about The Middle East:

The Middle Eastern region sits in Western Asia and is bordered by the Mediterranean Sea. Eighteen separate countries make up the Middle East, including Bahrain, Cyprus, Egypt, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Northern Cyprus, Oman, Palestine, Qatar, Saudi Arabia, Syria, Turkey, United Arab Emirates and Yemen.

The climate is HOT and DRY. People have been living here for thousands of years. Family is very important to the people of the Middle East.

Food culture is rich and varied, with many recipes and cooking methods overlapping. Middle Eastern art forms are stunning. Think handmade carpets, henna, marbling, glazed tile works, pottery, motifs, and embroidery.

Hummus likely originated in ancient Egypt! Though Greeks and Israeli's also like to claim it as their own. Historical records show that hummus was eaten in modern-day Cairo, the capital of Egypt, way back in the 13th century! That's over 800 years ago! Very classic hummus is made by boiling dried chickpeas and mashing with garlic, lemon, salt, olive oil, and tahini, a paste made from sesame seeds.

A typical meal in the Middle East is made up of meat, fish or a stew, and a sundry of vegetable dishes or salads. Meals are served with bread and/or rice, and often start off with a salad, appetizer, dip-like spreads such as hummus or baba ganoush, pickles and/or bowls of olives, dates and nuts. Middle Eastern meals are FEASTS!

Time for a laugh!

Why did the rooster blush? **Because it saw a chickpea.**

Why is a garbanzo bean small and yellow? **Because if it were large and red it would be a tomato!**

What did the slice of bread say to the other slice of bread when he saw butter on the table? **We're toast.**

Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking