

# Recipes

## Carrot and hummus swirls

**Around 20-40p for 10 swirls depending upon chosen filling**

**2 slices bread**

**Half carrot, washed**

**2 tablespoons hummus**

This is a suggested filling but you make up your own – mashed banana, grated carrot and grated cheese, tuna and sweetcorn, egg and cress, tinned salmon and cucumber, beetroot and cheese. Be inventive with what you have available!

1. Flatten out your slices of bread using a rolling pin or your hand
2. Remove the crusts – save these and eat them or feed them to the birds!
3. Grate your carrot
4. Add hummus to the carrot and mix well
5. Spread the mix over the slice of bread
6. Roll up the bread tightly starting with the narrower side of the bread
7. Once rolled tightly, slice the roll into bite size portions

