

Take a dip in this cool carrot-crunching snack!

SMASHED CARROTS

YouTube Kids
Watch this recipe
in ACTION!
Search for
SUPER YUMMY
KITCHEN



YOU WILL NEED

Tick off the ingredients as you get them

- 3 carrots
- 1 tin chickpeas in water
- 1 tbsp each of smooth peanut butter (or tahini) and low fat plain yogurt (or 2tbsp of one of them)
- 1/2 tsp ground cumin
- Juice and zest of half an orange
- 1 clove of garlic, crushed
- 1 tsp curry powder or turmeric (optional - for bolder colour)
- Black pepper

Serves: 4

1 START

Chop carrots into bite-size pieces using the claw grip.



2

Blitz them in a food blender until completely broken down, scraping down the sides as needed. (If you don't have a blender, try grating the carrots instead.)



TOOL UP

tsp:
teaspoon

tbsp:
tablespoon

3

Add the rest of the ingredients and blitz until smooth, stopping to scrape down sides as needed.

4

Taste and add a grind or two of black pepper if you fancy it.

5

Plop it in a bowl and get dipping with vegetable sticks or YOUR FINGERS!



FINISH



POWER UP

You could use beetroot instead of carrot...
arghhh-mazing colour!

KIDS IN THE KITCHEN

- Squeeze the orange.
- Use teaspoons and tablespoons to measure.
- Use the claw grip to chop the carrots.
- Add everything to the blender.
- Help you scrape down the sides.

EAT THEM
TO DEFEAT THEM