

# HEALTHY SNACK RECIPES



## Rice cakes with hummus and cucumber spread

### Ingredients (Serves 4)

- 4 tablespoons hummus
- 100g low-fat soft cheese
- 5cm piece of cucumber, finely chopped
- 4 rice cakes (or crispbread)

### Equipment

Chopping board, knife and spoon.

### Method

1. Mix together the hummus and soft cheese, then stir in the cucumber.
2. Spread over the rice cakes, then serve.

**Preparation time:** 5 minutes

**Cooking time:** None

Approximate cost for recipe: £1.00

Approximate cost per serving: 25p

### Handy hints

- Make the rice cakes into funny faces by topping them with cucumber or tomato slices, grated carrot and pepper strips.
- Choose plain hummus, or one that's flavoured with red pepper or lemon and garlic.

