

We've been cooking up a storm in OSHC

In After School Care we love cooking healthy, delicious meals and snacks from our Healthy Eating Cookbook. All the recipes in our cookbook support our healthy eating program and are officially endorsed by Nutrition Australia.

Hummus is a popular recipe from the cookbook, so we thought we'd share the recipe with you to try at home.

Hummus

Best served with vegetables, corn chips or chapati
(Recipe serves 15)

You'll need:

- 1 tin of chickpeas (drained but reserve some liquid for blending)
- 1-2 tablespoons of vegetable oil
- Juice of one orange
- 2 tablespoons of cream cheese (optional)

Method:

1. Blend all ingredients until smooth
2. Use as a spread for sandwiches and/or wraps, toasted bread or
Serve as a dip with corn chips, veggie sticks or crackers

Come along and see what we're cooking up

You can visit us in the program to see what healthy meals and snacks are on the menu or let us know if you enjoyed the hummus.

Program details

To find out more about our program, view fees and to register visit www.campastralia.com.au
We look forward to seeing you and your family soon.

From the Team at Camp Australia

