

Hummus and Vegetable Cucumber Boats



Del Fresco
Pure



Yield: 10 pieces

Prep Time: 10 minutes

Total Time: 10 minutes

This is a quick and easy vegetarian snack using our Mini Crunchers™. Great for an after school or work treat while waiting for dinner or can be a great appetiser at a party.

Ingredients:

- 1 package Mini Crunchers™ cucumbers
- 1 pint diced G.REAT! Grab Rinse and EAT!® orange tomatoes
- 1 package LivingCube™ Chef's Blend microgreens
- 1 package Sweet Rainbow Peppers (red) diced
- 1 container hummus
- ¼ cup shredded carrots
- 10 half slices avocado

Directions:

1. Cut cucumbers in half and scoop out some of the flesh. Discard the flesh. Turn cucumbers upside down over paper towel to drain any excess liquid.
2. Place 1 tablespoon of hummus inside the cucumber half and spread evenly.
3. Garnish the hummus-filled cucumber halves with shredded carrot, diced tomato, avocado, sprouts and diced peppers.

Cooking Tips:

The flesh from the cucumber can be saved and added to drinks.



Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 10, Amount Per Serving: Calories 91, Total Fat 5.1 (7% Daily Value), Saturated Fat 0.7g (4% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 100mg (4% Daily Value), Potassium 219mg (5% Daily Value), Carbohydrate 9.3g (3% Daily Value), Dietary Fiber 3.3g (12% Daily Value), Sugars 1.3g, Protein 3.8g

For more recipes please visit [DELFRESCOPURE.COM](https://www.delfrescopure.com)