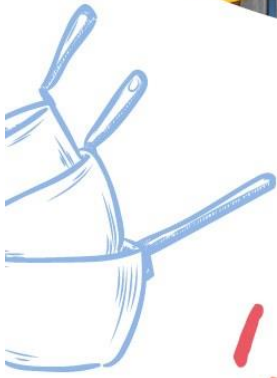
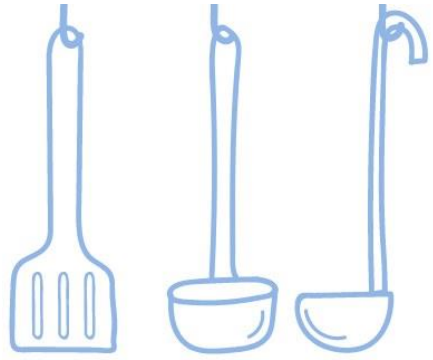


# Smashed Carrots



**EAT THEM  
TO DEFEAT THEM**









# Ingredients

*Serves 4*

3 carrots

1 tin of chickpeas, in water

1 tbsp of smooth peanut butter or tahini

1 tbsp low fat plain Greek yogurt

$\frac{1}{2}$  tsp ground cumin

Juice and zest of  $\frac{1}{2}$  orange

1 clove garlic, crushed

1 tsp curry powder or turmeric

(optional – for bolder colour!)

Black pepper, to taste





## Method

**REMEMBER!** → Get a grown up to help you!

*Pre-heat oven to 200°C / Gas 6*

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

Blitz carrot pieces in a food blender until completely broken down, scraping down sides as needed – if you don't have a blender, try grating the carrots instead!

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

**IT'S CRUNCH TIME  
CARROTS!**

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

Plop your smashed carrots in a bowl and get dipping with vegetable sticks or breadsticks!

