

# CARROT PRETZEL WANDS



## INGREDIENTS:

- 2 medium carrots, peeled and grated
- Prepared hummus
- Pretzels sticks

## INSTRUCTIONS:

1. Coat upper third of pretzel with hummus.
2. Roll in grated carrots.
3. Eat and enjoy!

*Note: Serve remaining hummus in soufflé cups with shredded carrots on top so kids can continue the dipping fun!*

**Yield:** 20 tastings  
**Source:** [eatingwell.com](http://eatingwell.com)

Harvest  
of the  
Month™

CalFresh  
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services

# CARROT PRETZEL WANDS



## INGREDIENTS:

- 2 medium carrots, peeled and grated
- Prepared hummus
- Pretzels sticks

## INSTRUCTIONS:

1. Coat upper third of pretzel with hummus.
2. Roll in grated carrots.
3. Eat and enjoy!

*Note: Serve remaining hummus in soufflé cups with shredded carrots on top so kids can continue the dipping fun!*

**Yield:** 20 tastings  
**Source:** [eatingwell.com](http://eatingwell.com)

Harvest  
of the  
Month™

CalFresh  
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services