

THE LAB

Three things to make and do



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Make petrifying peppers

Whip up these spooky snacks for a ghoulish Halloween buffet.

What you need

- 1 can of chickpeas
- 60ml oil
- 1 garlic clove
- 1 lemon, juiced
- 3 tbsp tahini
- 1 bag of mini bell peppers
- A few black olives
- Mozzarella pearls
- Sieve
- Blender
- Knife
- Chopping board
- Spoon
- Plate

JOY HOWARD - GETTY IMAGES; REX SHUTTERSTOCK



Instructions

- 1 Pour the can of chickpeas into a sieve and rinse thoroughly. Put them in a blender along with the oil, garlic, lemon and tahini, and blend until smooth. This is your hummus. You can skip this step if you use pre-made hummus.
- 2 Ask an adult to help you halve the mini bell peppers on a chopping board and scrape out the seeds. Scoop a tablespoon of hummus into each pepper half. Pop on a plate.
- 3 Keep going until you run out of hummus or peppers.
- 4 With an adult, slice the olives crossways to make little round doughnut shapes. You can use the tops of the olives as eyes.
- 5 Chop the mozzarella pearls in half and then start to assemble your ghastly peppers.
- 6 Push two pearls into the hummus for eyes and pop in a small slice of black olive as the pupil. Add a hollow olive slice for the scary screaming mouth. Pop on a plate and enjoy.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy



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How does it work?

Hummus was invented in the Middle East but is now eaten all over the world. It is a great recipe to play with because it soaks up flavour well. You could add a dash of cumin or smoked paprika to make your own personal style of hummus. Chickpeas are packed full of protein and also contain healthier fats. These help to keep you fuller for longer – pair this with mini bell peppers and you've got a healthy, tasty snack.

