

Under the Sea Coral Cups

..... **Prep & Assembly Time:** 20 min • **Servings:** 10

What You'll Need:

- 4 bell peppers in different colors (green, yellow, red or orange)
- 6 medium carrots, peeled
- Hummus
 - 1 can chickpeas (15-19 ounces), drained and rinsed
 - 1 1/2 tbsp tahini
 - 1 garlic clove, peeled and crushed
 - 3 tbsp freshly squeezed lemon juice
 - 3 tbsp olive oil
 - 1/2 tsp sea salt
 - 1/4 cup warm water

How to Make It:

1. Cut bell peppers and carrots into strips. Set aside.
2. Put all the ingredients for the hummus in a blender; process until smooth. Add 1 tbsp of warm water at a time until desired consistency.
3. Divide the hummus evenly into cups or mason jars. Stick the veggies into the hummus with the ends coming out like a colourful sunburst or blooming flower.
4. Serve immediately or store in refrigerator for up to 3 days.



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