Recipe

**YOU WILL NEED:**
- blender or food processor
- mixing bowl
- spatula
- cutting board
- knife (adults only)
- 1/4 cup measure
- tablespoon measure
- spoons

**Ingredients**

For 8 servings

- 1 small lemon, zested & juiced
- 14.5 oz. can garbanzo beans (chickpeas), drained & rinsed
- 1 tablespoon olive oil
- 1 cup assorted vegetable sticks (bell peppers, cucumbers, carrots)
- 1 cup pretzel sticks
- 1 tablespoon measure
- 1 clove garlic, minced
- 1/4 cup water
- 1/4 cup salsa
- salt & pepper

**Preparation**

In the mixing bowl, use the spatula to mix together the bean mixture, garlic, lemon, oil and water mixture, and salsa. Mix together until blended well. Using the plastic spoons, portion the hummus into the plastic cups or bowls, then choose veggies and pretzels using the salad tongs for dipping. Enjoy!
DIRECTIONS
1. Fill in the blank in the bubble.
2. Color the traffic cop.
3. Complete the maze.

Fiber is like a traffic cop – it keeps you ________ so you don’t have to stop!