

March Socialization Recipe

Hummus Lions!

Have you ever heard the phrase “In like a lion and out like a lamb?” Sometimes people use this phrase to describe the weather in the month of March. This year, March is coming in like a lamb, we have sunny skies and warm weather all week long! But to celebrate March, we are going to make a LION food craft with hummus and carrots.

Time: 5 minutes

Servings: 3-4

Ingredients:

1 small container hummus or [1 hummus recipe](#)

1 carrot per person

¼ bell pepper per person

Raisins or dried cranberries

Directions:

Make hummus following [this recipe](#) or purchase hummus. Place hummus on a plate in a circle.

Cut the carrot into rounds then cut the rounds into ½ circles. If your child is less than 2, cook the carrot first so that your child doesn't choke.

Cut the bell pepper into small strips. Do not serve bell pepper to young children who could choke on it.

Place carrots and peppers around the hummus to make a lion's mane. Use the dried cranberries to make eyes, a nose and a mouth. You can bite or cut the dried cranberry to create a mouth shape.

To eat, dip the bell pepper and carrots into the hummus. You could also serve with whole grain crackers or bread for dipping.

