

Cucumber Hummus Cups

LINK: <https://mykidslickthebowl.com/cucumber-hummus-cups/>

- **Prep 1 min**
- **Total 1 min**
- **Author Stacey**
- **Yield 1 Cucumber cup**

Ingredients

- 2cm slice of cucumber
- 1 teaspoon hummus
- 1 pretzel stick

Instructions

1. Using a melon baller scoop out the center from the cucumber slice, be sure to not scoop all the way to the bottom.
2. Add the hummus to the cucumber cup you have just made
3. Snap the pretzel stick in half and poke into the hummus
4. serve

Notes

- ✓ As a wheat and gluten free alternative carrot sticks can be used to substitute the pretzel sticks

