HUMMUS & VEGGIE PLATE WITH WHOLE-WHEAT PITA



A Simple, Colorful Toddler Lunch for Little Hands

Not every toddler lunch needs to be a complicated recipe. This easy-to-assemble plate brings together creamy hummus, soft vegetables, and whole-wheat pita for a simple meal that encourages little ones to explore different textures and practice self-feeding.

Prep Time: 10 minutes
Total Time: 10 minutes
Yield: 1 toddler portion

YOU'LL NEED

- **2 tablespoons hummus**
- **¼ cup cucumber**
- **¼ cup carrot**
- **½ small whole-wheat pita**

ALL YOU HAVE TO DO

1. Choose the hummus: Use hummus made with pasteurized ingredients. Check the ingredient label for sesame, tahini, and any other allergens relevant to your child.
2. Prepare the carrot: Wash and peel the carrot. Cook it by steaming or boiling until very soft and easily mashable with a fork.
3. Prepare the cucumber: Wash and peel if desired. Remove any tough seeds if necessary, then cut into thin, manageable pieces suited to your child's eating ability.
4. Prepare the pita: Cut the whole-wheat pita into small, manageable pieces. If it feels dry or chewy, lightly soften it before serving.
5. Add the hummus: Place a small portion of hummus in a shallow section of your toddler's plate or a small dipping bowl.
6. Arrange the vegetables: Add the softened carrot and appropriately prepared cucumber.
7. Serve: Place the pita pieces alongside the hummus and encourage your toddler to dip and explore.

Toddler-Friendly Serving Tips

- Carrots should be cooked until very soft, never served as hard raw sticks to young children.
- Avoid thick, round cucumber slices. Choose a shape and texture your child can manage safely.
- Cut pita into small, manageable pieces and check that it is not tough or overly chewy.
- Start with small portions and offer more if your toddler is still hungry.
- Keep your child seated upright and supervise closely throughout the meal.

A Note About Hummus

Traditional hummus often contains tahini, which is made from sesame. Sesame is a common food allergen, so check the label carefully, especially if your child has a known allergy. Choose a fresh, properly refrigerated hummus made with pasteurized ingredients. Follow your child's established allergen-introduction guidance.

Make It More Fun

Turn lunchtime into a little dipping adventure!

- Let your toddler dip a soft pita piece into the hummus.
- Arrange the vegetables in separate sections so your child can explore each one.
- Offer a small spoon for scooping and practicing independent eating.
- Let your toddler touch, smell, and explore the different textures without pressure to finish everything.

Self-feeding gives little ones opportunities to explore food and develop their feeding skills.

Easy Variations

- Avocado Addition: Add a little ripe, mashed avocado.
- More Color: Include soft-cooked zucchini or steamed sweet potato.
- Fruit on the Side: Offer ripe, appropriately prepared fruit such as soft banana or strawberries.
- Protein Addition: Add finely shredded, fully cooked chicken if your toddler already eats it safely.
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Storage and Make-Ahead Tips

- Hummus: Keep refrigerated according to the package instructions and use within the stated period after opening.
- Vegetables: Cook the carrot ahead of time and refrigerate promptly in an airtight container. Prepare cucumber fresh when possible.
- Pita: Store according to the package directions and cut just before serving.
- Assembled Plate: Prepare only the amount your toddler is likely to eat. Discard food that has been served and exposed to your child's saliva rather than saving it for another meal.
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A Little Mealtime Reminder

A simple plate can offer plenty of opportunities to learn. Let your toddler explore the hummus, dip the pita, and get familiar with different vegetables at their own pace. Mealtimes don't have to be complicated to be meaningful.

Simple foods, little dips, and happy moments around the table.