

Carrot Dip

Equipment needed –

Chopping board, small knives, glass bowl, measuring cups, measuring spoons, garlic press, food processor, colander and 3 small bowls.

Ingredients from the Garden –

- 4 carrots
- 1 clove of garlic crushed

Ingredients from the Pantry –

- 125 grams of Philadelphia cream cheese
- ¼ cup of grated parmesan cheese
- 2 tablespoons of milk
- ½ teaspoon of cumin
- Salt and pepper to taste

What to do –

1. Peel and finely chop the carrots and microwave the carrots until tender.
2. Meanwhile peel and crush the clove of garlic.
3. Grate ¼ cup of parmesan cheese.
4. Measure out 125 grams of cream cheese.
5. Once the carrots are cooked, drain in a colander over a sink.
6. Place the carrots in a food processor and process until smooth.
7. Add the cream cheese, parmesan, milk, garlic, cumin and season with salt and pepper.
8. Process until well combined and divide into 3 small bowls for serving. Cover with cling wrap and chill in the fridge

Serves –

- 28 students.