

Fresh for Kids®

Tomato, ham & spinach crumpets with hummus



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Preparation: about 10 minutes
Cooking: about 2 minutes
Serves: 2

2 wholemeal crumpets
1/4 cup reduced fat hummus dip
20g baby spinach leaves
50g thinly sliced ham
4 slices tomato

1. Toast crumpets until hot. Spread each evenly with hummus. Top each with baby spinach leaves, ham and tomato. Season with salt and pepper if desired and serve.

For fresh fruit and vegetable recipes visit
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