



Cook

## Arlo's Hummus with Pomegranate

Total Time	Prep Time	Cook Time
20m	20m	0m

### Arlo and Spot take good care of each other in The Good Dinosaur.

Keep your little ones energised with this easy-to-make hummus and pomegranate snack. It's the perfect healthy afterschool treat.

The Good Dinosaur asks the question: What if the asteroid that forever changed life on Earth missed the planet completely and giant dinosaurs never became extinct? In this epic journey into the world of dinosaurs, an Apatosaurus named Arlo makes an unlikely human friend in Spot.

[Play Trailer](#)

## What You'll Need

- 1 can organic chickpeas
- 60g tahini
- 1/2 clove of garlic
- Juice of 1 lemon
- 80ml olive oil
- 2 teaspoons cumin
- 1-2 tablespoons of water
- 1 pomegranate

## How To Make It

- 1 Open can of chickpeas, drain and rinse well.
- 2 Place chickpeas along with cumin, salt, and tahini into bowl of electric mixer.
- 3 Turn mixer on and pour olive oil through opening while running. Add water if you want to thin out the hummus.
- 4 Place hummus in a container and serve with pomegranates on top alongside some colourful cauliflower.

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