



Did you know that the canola seeds that we press for our canola oil are 100% non-GMO? This canola oil is used across our range, in our mayos, dips and cooking sprays.

Here's why this is an ingredient for better living:



# Whole Wheat Triangle Crisps with Beetroot Hummus

## Ingredients:

### For the crisps:

- + 2 high-fibre wraps
- + 1 tablespoon B-well Canola Oil
- + Salt and pepper to taste
- + B-well Canola Cooking Spray

### For the hummus:

- + 1 tin chickpeas, drained
- + 250 grams cooked or jarred beetroot
- + 2 teaspoons lemon juice
- + 2 tablespoons B-well Canola Oil
- + 2 tablespoons B-well Thick & Creamy Mayonnaise
- + ½ cup tahini
- + 1 garlic clove, crushed and minced
- + Salt and pepper to taste

## Instructions:

1. Preheat the oven to 200°C.
2. Cut the wraps into small triangle shapes and brush them with canola oil.
3. Spray a baking tray with cooking spray. Arrange the triangles on the tray, spray well with cooking spray, ensuring they don't overlap. Bake until crisp and brown.
4. For the hummus, blend all ingredients together until smooth. Chill in the fridge.
5. Serve the triangle crisps with hummus and assorted mini veggies like baby corn, cucumber wedges, rosa tomatoes and gherkins.

This recipe is packed with **fibre**, **healthy fats** in B-well Canola Oil and Thick & Creamy Mayonnaise, plus protein-rich chickpeas in the hummus. The colourful veggies? They're a vitamin and **antioxidant boost** for your little ones' **growth and health**. So a delicious school snack that ticks all the boxes.

