

3 ways to eat cucumbers:

dip

Snack on cucumber spears with salt and pepper. Dip spears in hummus or dill dip.



stack

Stack cucumber slices on whole grain crackers with hummus and cheese.

fill

Make cucumber boats filled with tuna salad or hummus.



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3 formas de comer pepinos:

servir con un dip

Come bastones de pepino con sal o pimienta como bocadillo. Mojalos en un dip de hummus o eneldo.



bocadillo con galletas

Prepara un bocadillo utilizando galletas integrales, queso, hummus y pepino.

pepinos rellenos

Hacer botes de pepino rellenos con ensalada de atún o hummus.



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