

Summer Adventures Beach

Let your cooking skills shine with some

Sunny Summer Hummus!

INGREDIENTS



MAKES
1 medium bowl



15 oz. can low-sodium
garbanzo beans
(chickpeas)



1 tbsp. lemon
juice



1 tbsp.
extra virgin
olive oil



3/4 tsp.
ground cumin



3 tbsp. water



1 garlic clove,
minced



1/4 tsp. salt

Don't forget
Veggies for dipping

INSTRUCTIONS

Put on a tank top and some sunglasses – it's Sunny Summer Hummus!

1. Rinse and drain those garbanzo beans.
2. In a blender or food processor, blend together the beans, olive oil, lemon juice, garlic, cumin, salt and water. Blend until smooth and creamy. If needed, add a splash of water to thin it out.
3. Enjoy with some carrot or celery sticks!



DON'T FORGET TO GET 60!

Take a liking to some bump, set, spiking to get 60 minutes of physical activity!
Play a game of sand volleyball! No sand? No problem! Just hit around a ball or balloon
in your backyard or at the park!

For more healthy summer adventures, coast over to

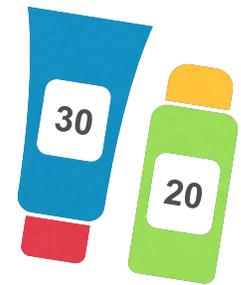


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TSET





SAND Pictionary

For a dandy way to have some fun, play a game of Sand Pictionary! Play at the lake or in a sandbox, or find a park, baseball field or softball field and play in the dirt! You could even just play it on paper! Just cut out and stack the cards below, then follow these instructions:

1. Split up into 2 teams.
2. Team 1 will designate a drawer.
3. The drawer will pick a card from the pile, and then, using a stick, draw a picture of the word in the sand.
4. The rest of the drawer's team will have 30 seconds to guess what is being drawn.
5. If the team guesses right, they get a point!
6. After Team 1's turn is over, Team 2 will go, and the game will repeat from there.

Play as many rounds as you want, and be sure each team member gets a turn to draw. Remember... don't write any words out — you must draw pictures only!

VOLLEYBALL	SEASHELL	TURTLE	CARROT
UMBRELLA	CRAB	BEACH	SURFBOARD
SAND CASTLE	WATER	NET	SWIMSUIT
BROCCOLI	FISH	FRISBEE	ICE WATER
WATERMELON	SWIMMING	BOAT	TOWEL



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