Hummus and cucumber snack cups for guests

Serving quantities and prep-order sheet. Use this planning sheet with the full guide.

1. Choose a guest count

For twelve small cups, plan roughly one tablespoon of hummus per cup and several washed vegetable sticks, adjusting to guests. Check the hummus label: tahini contains sesame, and other ingredients vary.

2. Fill cold cups

Spoon hummus into clean food-safe cups, then add cucumber and carrot sticks shortly before serving. Keep sticks short enough that the cup remains stable. Five-ounce cups are an optional serving size, not a hot-food vessel.

3. Cover and chill

Keep prepared cups refrigerated until service and refill small batches. Record the actual ingredients and preparation order on the sheet. Offer an alternative serving method for young children and anyone who needs softer food.

Keep perishable food cold, follow actual food and container directions, and check ingredients and guest needs. Use the worksheet to organize ingredients and serving arrangements. Full instructions: figurenook.com/guides/hummus-and-cucumber-snack-cups-for-guests/

Your printable workspace

Guest count / goal:

Measurements / quantities:

Items already owned:

Optional supplies needed:

Important checks / next action:

Buying an item is optional. Use safe, suitable items you already own.