

Simple. Recipes

Serves **6** Healthy Hummus

Ingredients

1 400g tin chickpeas, drained
1 small garlic clove
Juice of 1 lemon
½ to 1 Tsp ground cumin (optional)
4 Tbsp. Natural Yoghurt
Black Pepper

TIP: You can add 1 Tbsp of tahini (sesame seed paste) for a more authentic Hummus. Try whizzing roasted red peppers or fresh coriander for different flavours.

Method

- 1 Place all the ingredients in a blender and whizz until smooth.
- 2 Season with black pepper. If you like you could sprinkle with smoked paprika over the top before serving.
- 3 Serve with vegetable crudités to dip in (Celery, carrot, peppers, tomatoes etc). This is also really tasty as a sandwich filling with salad, spinach and/or grated carrot.
- 4 Enjoy!