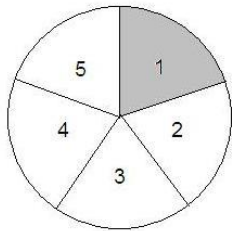


# Hummus

Serves 4 (as a dip)

Portions of fruit & vegetables per serving: 1



Allergen information:

Allergens are in bold.

Contains milk

May contain sesame seeds

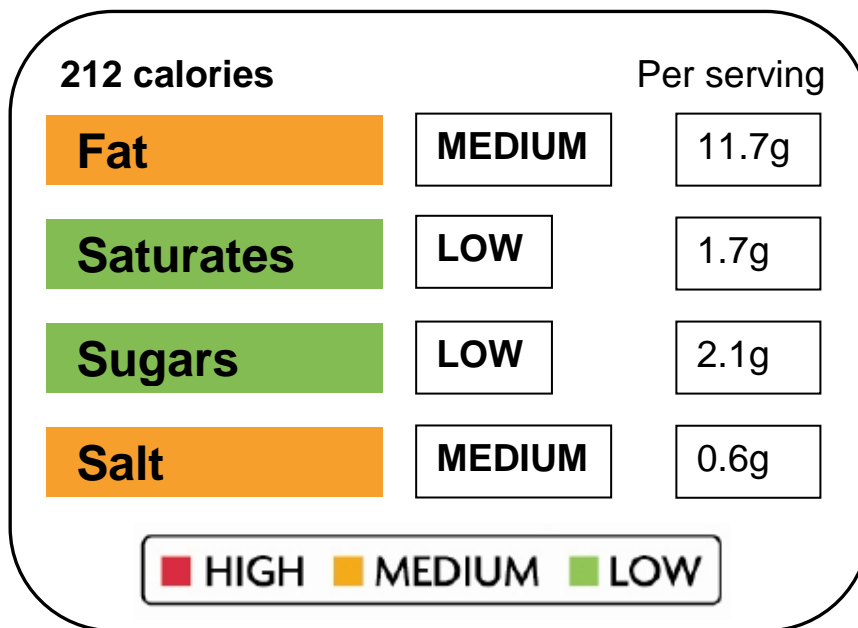
| Ingredients                    | Amount              | Preparation |
|--------------------------------|---------------------|-------------|
| chickpeas                      | 1 can - 400g (14oz) | drained     |
| garlic                         | $\frac{1}{2}$ clove | chopped     |
| <b>tahini paste</b> (optional) | 1 dessertspoon      |             |
| plain low fat <b>yoghurt</b>   | 1-2 tablespoons     |             |
| lemon juice                    | 2 tablespoons       |             |
| olive oil                      | 2 dessertspoons     |             |

**Please Turn Over**



## Method

- 1 Put all the ingredients in a blender jug or deep bowl.
- 2 Blend together until completely mixed.
- 3 Taste to test the flavour, add more lemon juice and / or garlic to suit your tastes.
- 4 Serve.



## Handy Hints

- Use as a dip with pitta bread, tortilla chips or vegetables cut into sticks.
- Great for a snack or a starter.
- Hummus is also good as a spread on bread or a filling for baked potatoes.

