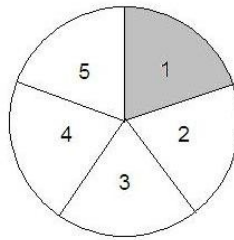


Hummus

Serves 4 (*as a dip*)

Portions of fruit & vegetables per serving: 1



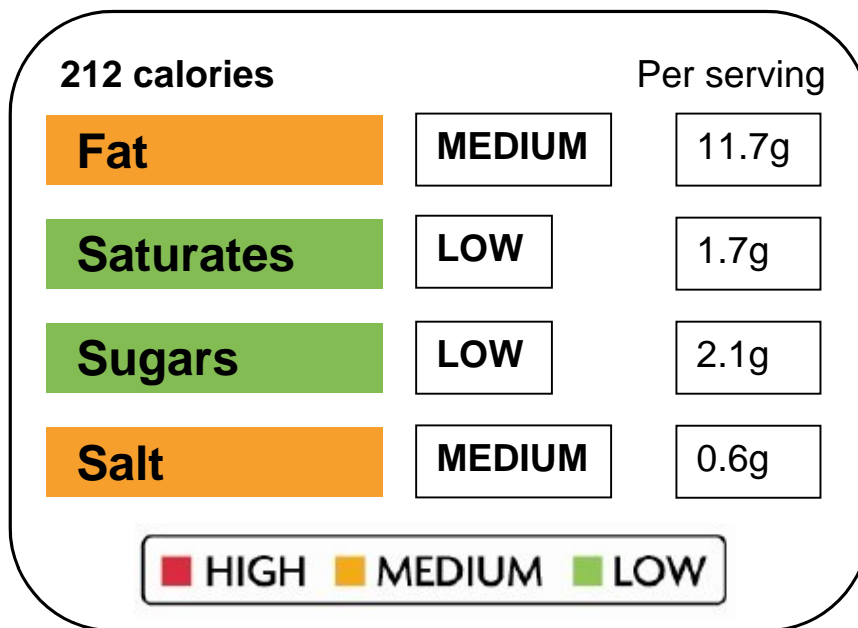
Ingredients	Amount	Preparation
chickpeas	1 can - 400g (14oz)	drained
garlic	½ clove	chopped
tahini paste (optional)	1 dessertspoon	
plain low fat yoghurt	1-2 tablespoons	
lemon juice	2 tablespoons	
olive oil	2 dessertspoons	

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 vegetable 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.

