

Roasted Pepper Hummus

Hummus is a delicious, nutritious dip or spread that can be used as a snack with vegetables or as a healthy alternative to butter. It is a great source of protein, calcium, fibre and heart healthy fats! Hummus is great for experimenting and adding your favourite flavours to, for example: roasted red pepper, beetroot and dill, sundried tomato and basil or lemon and coriander! Make your own roasted peppers or buy a jar for ease!

INGREDIENTS

400g tin of chickpeas in water
2 tbsp. tahini (sesame seed paste)
5 tbsp. olive oil
2 tbsp. water
Juice of 1/2 lemon
1/2 jar grilled peppers
1 tsp garlic powder
1 tsp cumin
1 tsp paprika
Salt
Pepper



METHOD

1. Drain and rinse chickpeas, then place in a large bowl or blender.
2. Add the rest of the ingredients and blend in a blender or with a hand blender until smooth. If the mixture is too dry, add a little more water.
3. Add a small amount of salt to start and then season to taste after blending.
4. Hummus will keep in the fridge in an airtight container for up to 3 days.

NOTES

Chickpeas are a source of:

- Protein
- Fibre
- B vitamins
- Iron



Serves 4



Cost per serving: £0.67



Time to make: 10 mins