



Fava Bean Hummus with Stockan's Oatcakes

Dr Laura Wyness

MAKES: 12 TABLESPOONS

TIME TO MAKE: 15 MINS

ALLERGENS: SESAME, GLUTEN (WHEAT, OATS)

Stockan's Oatcakes are a local Scottish favourite produced with wholegrain oats at their Orkney Island bakery.

Ingredients

- 300 g of canned fava (broad) beans
- 100 g of canned chickpeas
- 1 tbsp tahini
- 3 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp dried thyme
- Black pepper for seasoning
- 1-2 packs of Stockan's Thin Oatcakes



Notes

This recipe uses Stockan's Oatcakes as a base for a delicious hummus!

Method

1. Drain the canned fava (broad) beans and chickpeas. Frozen fava beans could be used instead. If using frozen beans, follow the cooking instructions on pack, drain and cool before blending.
2. Add all the ingredients to a blender or food processor and blend until smooth.
3. Add 3-4 tbsp of cold water when blending for a smoother mixture.
4. Spread the mixture onto oatcakes and enjoy!

	ENERGY	FAT	SAT FAT	SUGARS	SALT	CARBS	PROTEIN	FIBRE
	77 kcal	3.2 g	1.1 g	0.5 g	0.19 g	9.1 g	2.2 g	1.4 g
%RI	4%	5%	6%	1%	3%	4%	4%	5%

(Per tablespoon hummus on 1 oatcake)

Reference Intakes (%RI) is based on an average adult woman (2000 kcal/8400 kJ)