



Houmous

Houmous is so easy to make, requiring no cooking at all, or just a little roasting if you are adding optional roasted veg to vary the colour and flavour. It is packed with protein, good fats and fibre, which can benefit our gut health and help keep us full. It's a good snack option if we need a little something between meals.

Did you know you can also use it as a healthy creamy (vegan) sauce with pasta?

- 1 400g tin cooked chickpeas
- 2 cloves garlic
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 2 tablespoons tahini
- 1 teaspoon paprika
- Salt and pepper to taste
- 4 tablespoons water



Whizz all the above together in a food processor / blender until smooth and you are ready to eat.

5 Optional flavours

- Roast two carrots and add these with a teaspoon of cumin
- Add a packet of 4 small, pre-cooked beetroots (not soaked in vinegar) or roast beetroot
- Roasted red pepper
- Grate lemon zest and 2 teaspoons of coriander
- Gently fry a chopped onion in a little oil to soften and add to the blender with a tsp maple syrup. .