Hummus

Chickpeas - the star ingredient in hummus - are incredibly good for you. High in protein, fibre and lots of the mineral copper, it helps keep our hair and skin healthy.

Makes: 10 snack sized portions • Preparation time: 10 mins • Cost per portion: £0.18

Ingredients

- 2 tins of chickpeas (400g each)
- 2 tsp garlic paste (or 1 large clove)
- 2 lemons
- 1 tsp cumin
- 2 tbsp olive oil
- Salt & pepper (to season)
- 1/2 wholemeal pitta (per person)
- Carrot/cucumber/peppers to serve

Equipment

- Bowl
- Chopping board
- Vegetable peeler
- Sharp knife
- Hand blender
- Tablespoon
- Teaspoon
- Serving spoon

Top tips

- Sliced apples with hummus are delicious... why not give it a try!
- You could add some cumin or chilli powder to add more flavour to the hummus
- Blend in a jar of roasted red peppers to make red pepper hummus

Method

1. Drain and tip the chickpeas into a food processor or bowl.
2. Add the garlic (peel and chopped if using fresh garlic), a good squeeze of lemon juice and 1 tbsp of oil.
3. Season with a pinch of salt, then pop the lid on and blitz in food processor or hand blend in the bowl.
4. Use a spatula to scrape the hummus down the sides of the bowl, then blitz again until smooth.
5. Have a taste and add more lemon juice or splash of water to loosen, if needed, then transfer to a serving bowl.
6. Serve with sliced crunchy veg and some warm pittas.