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# Hummus

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## BASIC HUMMUS RECIPE

- 2X TINS 400G CHICKPEAS (DRAINED AND RINSED WITH LIQUID RESERVED)
- 4 TEASPOONS OF UNHULLED TAHINI
- 1 GARLIC CLOVE - CRUSHED
- 6 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 3 TABLESPOONS FRESH LEMON JUICE
- A PINCH OF IODISED SEA SALT

- ADD ALL INGREDIENTS, EXCEPT RESERVED LIQUID, TO A FOOD PROCESSOR AND BLITZ.

- WITH THE FOOD PROCESSOR MIXING AT A MEDIUM SPEED SLOWLY POUR IN THE RESERVED LIQUID UNTIL YOU REACH YOUR DESIRED CONSISTENCY.

## SWEET POTATO HUMMUS

- USE THE ABOVE RECIPE AND SUBSTITUTE 1 TIN OF CHICKPEAS FOR 400G ROASTED SWEET POTATO

- PREHEAT OVEN TO 200 DEGREES

- CUT SWEET POTATO INTO 1CM CUBES

- COAT SWEET POTATO WITH 2 TABLESPOONS OF MELTED COCONUT OIL

- PLACE SWEET POTATO ON A LINED BAKING TRAY. ROAST FOR 20-30 MINUTES

## SPICED PUMPKIN HUMMUS

- USE THE ABOVE RECIPE AND SUBSTITUTE 1 TIN OF CHICKPEAS FOR 400G ROASTED PUMPKIN
- 1/2 TEASPOON GROUND SMOKED PAPRIKA
- 1/2 TEASPOON GROUND CUMIN
- 1/2 TEASPOON GROUND CORIANDER
- 1/2 TEASPOON GROUND BLACK PEPPER

- ROAST PUMPKIN AS YOU WOULD THE SWEET POTATO IN THE ABOVE RECIPE

- ADD SPICES TO THE FOOD PROCESSOR WITH THE BASIC HUMMUS INGREDIENTS

## BLACK BEAN HUMMUS

- USE THE ABOVE RECIPE AND SUBSTITUTE 1 TIN OF CHICKPEAS FOR 1 TIN OF BLACK BEANS
- 1 ADDITIONAL GARLIC CLOVE
- 1 TABLESPOON FRESH PARSLEY (FINELY CHOPPED) OR DRIED PARSLEY
- 1 TABLESPOON FRESH CHIVES (FINELY CHOPPED) OR DRIED CHIVES
- PINCH OF CAYENNE PEPPER (OPTIONAL)

## NUTRITION INFORMATION

### HEALTH BENEFITS OF CHICKPEAS

- QUALITY SOURCE OF PROTEIN AND DIETARY FIBRE
- RICH IN IRON, MANGANESE AND FOLATE
- PROMOTE SATIETY (FULLNESS)

### HEALTH BENEFITS OF UNHULLED TAHINI

- RICH IN THIAMINE (B1), PHOSPHORUS AND MANGANESE
- QUALITY SOURCE OF HEALTHY FAT
- ANTI-INFLAMMATORY

### HEALTH BENEFITS OF GARLIC

- POWERFUL ANTI-INFLAMMATORY.
- QUALITY SOURCE OF VITAMIN C.

### HEALTH BENEFITS OF OLIVE OIL

- ONE OF THE BEST SOURCES OF HEALTHY FATS
- POWERFUL ANTIOXIDANT
- EFFECTIVE ANTI-INFLAMMATORY, ESPECIALLY BENEFICIAL FOR THOSE SUFFERING FROM ARTHRITIS
- DIRECTLY SUPPORTS BRAIN AND HEART HEALTH

### HEALTH BENEFITS OF LEMON JUICE

- PROMOTES HYDRATION
- QUALITY SOURCE OF VITAMIN C
- AIDS DIGESTION
- HELPS PREVENT KIDNEY STONES
- FRESHENS BREATHE

### HEALTH BENEFITS OF IODISED SEA SALT

- SUPPORTS THE THYROID
- ASSISTS IN REGULATING HORMONES AND SUPPORTING METABOLISM
- CONTRIBUTES TO CELL HEALTH PROMOTING HEALTHY GROWTH AND DEVELOPMENT