

Hummus

Hummus is quick and versatile. When making it from jarred beans it only takes a few minutes. It can be used as a dip or a spread. You can even mix in different things such as sundried tomatoes or hot peppers to give it a kick.



Prep time
20 min

Cook time
0 min

Ingredients

350g jar chickpeas
(215g drained) save the liquid
1-2 sm - med cloves of garlic
½ Tbsp tahini
20ml olive oil
1 Tbsp spoons dried coriander
25ml lemon juice
salt and pepper to taste
Large handful of fresh cilantro

Serves 4

Directions

1. Drain the chickpeas and set aside the water.
2. In a blender add all of the ingredients except the fresh coriander. If your blender is not that powerful you might want to crush or cut the garlic first.
3. Add in a bit more than half of the reserved water from the chickpeas and blend everything together. Slowly add in more of water until you reach the desired consistency.
4. Once well blended, chop the fresh coriander and lightly blend. Server either with fresh veggies and bread or use on your favorite sandwiches or wraps.

Food Facts

Chickpeas are very high in manganese and folate. Manganese, a much overlooked nutrient is used in many ways by the body such as protecting you from those pesky free radicals, it helps to keep the bones and nerves strong and healthy, as well as normalise blood sugar levels.

Much respect to the bean with two names garbanzo beans or chickpeas, this bean has been around since about 3000 BC.



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