

# Basic Hummus

Recipe by Dominique Ludwig MSc  
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## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1154 kj	14%
Energy (kcal)	279 kcal	14%
Fat	23g	33%
<i>of which saturates</i>	3.6g	18%
Carbohydrate	9.6g	4%
<i>of which sugars</i>	0.5g	1%
Fibre	4g	16%
Protein	6.9g	14%
Salt	0.52g	9%

Generated by Nutritics v5.61 on 6<sup>th</sup> May 2021

### INGREDIENTS:

- 400g tin chickpeas, drained
- 30ml lemon juice
- 2 tablespoons tahini paste (**SESAME**)
- 1 teaspoon sweet paprika
- 4 tablespoons extra virgin olive oil
- 2 cloves roasted or raw garlic

### METHOD:

1. Measure all the ingredients into a food processor mixing bowl and process at a medium speed until well combined, usually around 60 seconds.
2. Pour the hummus into a pretty bowl and garnish with a few whole chickpeas and chopped herbs.
3. Serve with chopped vegetable crudites (carrot, cucumber, celery, sweet peppers etc), a couple of rice or oat cakes or toasted pitta bread.
4. Store in the fridge for up to 3 days.

### ALLERGENS



SESAME

### MODIFY

Omit the tahini if there is an allergy to sesame. In it's place you could use some plain yoghurt, ½ avocado or ½ steamed sweet potato (flesh only).

### CREDIT

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