



Hummus Dip

Ingredients:

- 1x400g can of chickpeas, drained
- 2 tbsp of olive oil
- 1 garlic clove
- Juice of half a lime
- Pepper to season

Method:

1. Put all the ingredients into a blender or food processor and blend into a smooth paste – alternatively, mash all the ingredients together using a potato masher.
2. Serve with warm pitta bread or as a dip with vegetable batons.

Did you know ?

Chickpeas are a good source of cholesterol-lowering fibre, as are most other beans. In addition to lowering cholesterol, chickpeas' high fibre content prevents blood sugar levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia.

Using more chickpeas in your diet is a great step towards achieving a lower fat diet.

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