



HOME MADE HUMMUS

Mixing veggies into Chick peas

 10 minutes

 25 minutes

 4 portions

INGREDIENTS

- 1.5 cups of chickpeas (garbanzo beans, bengal gram), mature seeds, raw (300 g)
- 1/2 tablespoon of oil, corn, peanut, and olive (7 g)
- 1 fl oz of lemon juice, raw (31 g)
- 1 clove of garlic, raw (3 g)
- 1/4 cup (8 fl oz) of spring Water (63 g)
- 1/4 tsp of spices, paprika (1 g)
- 1/4 tsp of spices, pepper, red or cayenne (0 g)
- 1/2 tbsp of parsley, fresh (2 g)
- 1/2 tsp of thyme, fresh (0 g)

COOKING METHOD

1. In a high speed blender, place the boiled/ pressure cooked chana / chickpeas, tahini, olive oil, lemon juice, garlic and a pinch of Himalayan salt.
2. Blend until very smooth adding water as required/ desired.
3. Transfer to serving plate and add desired garnishes

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (25 g)	% DRI
ENERGY	352 kcal	88 kcal	4 %
FAT	7 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	1 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	22 mg	5 mg	0 %
CARBOHYDRATE	56 g	14 g	5 %
SUGARS	10 g	2 g	—
FIBER	11 g	3 g	11 %
PROTEIN	18 g	4 g	—