

# Hummus

Serves 10

## Ingredients

- 1 x 400g can chickpeas, no added salt,
- 2 tablespoons olive oil
- 2 tablespoons tahini (avoid if any sesame seed allergies)
- Juice of 1 lemon
- 1 clove garlic
- 1 teaspoon cumin



## Method

1. Drain and rinse chickpeas.
2. Add all ingredients to a blender and mix until smooth.
3. Serve with vegetable crudités or pita crisps.

NUTRITION INFORMATION		
Servings per recipe: 10		
Average serving size: 53g		
	Per serve	Per 100g
Kilojoules (kJ)	489	930
Protein (g)	4.0	7.6
Total fat (g)	7.1	13.5
- Saturated fat (g)	1.0	1.9
Carbohydrates (g)	7.4	14.2
- Sugars (g)	0.3	0.6
Fibre (g)	3.9	7.4
Sodium (mg)	116	221

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines