

HUMMUS



QUICK

Less than
5 mins

HEALTHY

Chick peas are a great source of plant-based iron, needed to make red blood cells. Eat with foods rich in Vit C to increase iron absorption e.g red pepper

FAMILY

Add different veg to cater for different members of the family...beetroot, avocado, pepper etc..

MEALS

Great as a starter, snack or light lunch

INGREDIENTS

- 1 x 400g tin chick peas with ½ their water
- 2 garlic cloves (if you like it garlicky)
- A big pinch salt
- A drizzle olive oil (approx. 30-50ml)

METHOD

- 1) In a blender, mix the chick peas with ½ their water, salt, garlic and olive oil
- 2) Blitz till smooth-ish
- 3) TASTE – add more salt/oil/garlic to taste
- 4) Enjoy with chopped vegetables, crackers or on toast



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com