

Spicy Hummus

This spicy version of hummus makes a great snack served with celery or carrot sticks, crackers or oat cakes. The chickpeas provide an excellent source of protein and are high in fibre supporting digestive health and blood sugar balance. It also provides healthy fats from the olive oil and the tahini.

Ingredients

A tin of chickpeas
5 - 6 sundried tomatoes (from a jar in olive oil)
1 tbsp harissa paste
1 tbsp tahini
2 tbsp olive oil
1-2 tbsp water
Juice of a lemon
½ tsp cumin
Seasoning



Method

*Add all the ingredients into a food processor or blender and combine until it makes a smooth paste. If the mixture appears a bit too thick then simply add a touch more water until it reaches the desired consistency.

*When serving, sprinkle with dried chilli flakes and some smoked paprika.

Recipe notes:

This makes 4 snack sized portions and can be kept in the fridge for a few days. Harissa is a spicy paste made with chilli from Northern Africa /Middle East. It can be bought in most supermarkets.



Serves :4
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
Cals: 205
Protein: 7g
Carbs:18g
Fat: 12g
Fibre: 6g