

Green Herb Hummus

Recipe recommended by ANISSA LEE
Nutrition Student @ University of Nottingham



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	944 kj	11%
Energy (kcal)	227 kcal	11%
Fat	16g	23%
<i>of which saturates</i>	2.7g	14%
Carbohydrate	09.6g	4%
<i>of which sugars</i>	1g	1%
Fibre	5.1g	20%
Protein	8.3g	17%
Salt	0.02g	0%

Generated by Nutritics v5.61 on 17/08/2022

INGREDIENTS: (Serves 6 - 157 kcal per 69g serving)

215g Chickpeas, canned
60g Tahini, raw (**SESAME**)
30g Parsley, fresh
10g Basil, fresh
20g Spring onions, bulbs and tops, raw
5g Garlic, raw
30ml Extra virgin olive oil
3 tablespoon lemon juice, fresh
Black pepper and Salt to taste

OPTIONAL EXTRAS:

-

METHOD:

1. Using a food processor, add in the chickpeas, tahini, parsley, basil, spring onion and garlic. Blend on high setting until a coarse paste forms.
2. Turn the food processor setting to low and slowly drizzle in the olive oil until smooth.
3. Add the lemon juice, black pepper and salt to season the hummus.
4. Serve in a bowl and enjoy with flat bread or crackers!

ALLERGENS



SESAME

MODIFY

Serve with vegetable Crudites
or wholegrain flatbread / soda
bread

CREDIT

Recipe by: Cookie and Kate
Photo by: Cookie and Kate