

Sundried Tomato Hummus

Serves 4

1½ cups (250g) chickpeas,
drained

¼ cup (45g) sundried tomatoes
in oil

1 clove garlic

½ lemon, juiced

2 tbsp. olive oil

½ teaspoon salt

¼ cup (60ml) water

What you need to do

1. Add all the ingredients, except for the water, into a food processor and blend until creamy, stopping once to scrape down the sides.
2. Check for texture and consistency and add water as necessary. Serve with raw veggies, crackers, or chips.

GF	DF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	181	10	18	6

*Nutrition per serving

