


Hummus: three ways

Ingredients

- 1 tin chickpeas
- 1 teaspoon garlic (or one garlic clove)
- ¼ cup olive oil
- Juice of half a lemon 
- Salt
- Pepper
- Optional: 1 teaspoon tahini or wholegrain mustard



Directions

- 1) Drain can of chickpeas and rinse in cold water
- 2) Combine all ingredients apart from olive oil in a food processor
- 3) Blend ingredients together, while slowly pouring in the olive oil until it reaches a smooth consistency (a little more may need to be added) and serve!

Optional toppings are pumpkin seeds, paprika, parsley or sumac. Serve with vegetable sticks, wholegrain crackers or on a salad.

Roasted Capsicum Hummus

- 1) Before making the base recipe above, remove the core of two 2 capsicums (preferably red), and cut into large pieces.
- 2) Arrange skin side up on a tray lined with baking paper and place in the oven on grill.
- 3) When the skin is charred remove from the oven. When cooled remove the skin, of the capsicum (leave one piece out to chop up as garnish).
- 4) Add this along with ¼ teaspoon of cumin to the blender with the rest of the ingredients as directed above.



Pumpkin Hummus

- 1) Before making the base recipe above, chop 200g of pumpkin into 8 small pieces. Hull out the seeds, and take off the skin for a smoother hummus.
- 2) Roast at 180 deg C for 20-25mins or until pumpkin is soft in the centre. Cool slightly and then blend in a food processor or mash with a potato masher.
- 3) Add this along with 1 tablespoon of maple syrup or honey to the blender with the rest of the ingredients as directed above



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