

Hummus with Crudités and Pita

Serves: 4

Preparation time: 15 minutes

Cooking time: 5 minutes (blending)

Ingredients

14oz can of chickpeas, drained and rinsed
½ tsp puree garlic
2 tbsp tahini
Juice of ½ lemon
¼ tsp freshly ground black pepper
2 carrots sliced into sticks
1 packet of sugar snap peas
1 packet of baby sweet corn
1 red pepper sliced into sticks
½ cucumber sliced into sticks
3 pita breads cut into 9 triangles

Method

1. Put the drained chickpeas, garlic puree, 2 tablespoons of tahini and lemon juice into the food processor or blender
2. Blend until everything is smooth and creamy
3. Stir in the black pepper
4. Serve with vegetable crudités - carrots, sugar snap peas, baby sweetcorn, sweet peppers and pita bread triangles

Things you will need:

Food processor or blender
Chopping board and knife
Lemon squeezer



**Croydon
Heart Town**

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