

RedHOT Heavenly Hummus

This is enough for 7 servings which is ¼ cup per serve

Ingredients:

Chickpeas	450 grams tin or See below
Garlic, raw	2 cloves or more if you love garlic
Plain lot fat or skim Yoghurt	¾ cup
Sesame seeds	30 grams more or less is fine
Sesame oil	1 teaspoon
or Tahini	1 teaspoon
Cumin Seed (ground)	¾ teaspoon
Lemon Juice	1 Table spoon
Sea Salt	½ teaspoon
Spices, pepper, red or cayenne to taste	

How:

Blend till smooth.

Refrigerate for a couple of hours

Serve with vegetables or whole grain crackers or biscuits.

Last about 3 days in the fridge.

Yum! Enjoy

Nutrition per serve:

Calories:	120 kCal
Fat:	3 grams
Carbs:	18 grams
Protein:	5 grams
Fibre:	3 grams
Sodium:	370mgs



Soaking and Cooking Chickpeas

You can buy chickpeas in a can (buy the organic ones from Coles etc), but they taste so much better if you **cook** them yourself. If you buy raw chickpeas, in fact any dried bean or pea, check the **production date** on the package, because if they are too old they simply won't soften no matter how long they soak or cook.

Soak the chickpeas overnight or for 24 hours if you can.

Cook them for around 1 – 2 hours until nicely soft but not falling apart. You can add a pinch of turmeric to the water as they cook. Don't use salt – it toughens the skin. When cooked, they will have a rather creamy texture. Chickpeas can be cooked & then **frozen** for later in hummus, curries, salads etc

Helen Frost

Australia's Leading Nutrition Educator and Motivational Health Speaker
helen@helenfrost.com.au

RedHOT Health

www.redhothealth.com.au
+61 428 612 212