

# Hummus dip

Serves 14. Preparation time 2 minutes.

## Ingredients

- Chickpeas, canned, drained, 1 x 400g can
- Sea salt, 1 pinch
- Olive oil, 2 teaspoons
- White pepper, ground, ½ teaspoon
- Tahini, 1 tablespoon
- Cumin seeds, 1 teaspoon, toasted
- Natural yoghurt, low fat, 2 tablespoons
- Lemon juice, 2 tablespoons

## Method

- In a blender, add the chickpeas, a pinch of white pepper, salt, oil, tahini, cumin seeds, yoghurt and lemon juice. Blend for 30 seconds, or until combined and smooth.
- If the mixture is a little dry, add 1 tablespoon of warm water.
- Pour into a bowl and serve with vegetable crudités.



<https://www.totalwellbeingdiet.com/au/recipes/healthy-summer-recipes/hummus/>