

# Hummus Dippers



- you will need:
- ground cumin
  - ground coriander
  - 2 garlic cloves
  - a small red pepper
  - a tin of chickpeas
  - Juice of a small lemon
  - light tahini
  - olive oil



1. Mix the ground cumin and coriander together.



2. peel and chop the garlic.



3. Prepare the pepper by cutting it in half lengthways and removing the seeds. Grill it for about 5

minutes until the skin starts to blacken.



4. Peel and cut the pepper into strips.



5. Cut a lemon in half and squeeze the juice out of one of the halves.



6. Put all of the ingredients into a food processor and blend to a paste.



7. Add the olive oil until the hummus is thick and creamy.

Hummus is healthy because it has lots of protein and vegetables in it.

It was good,

