



GET TOGETHERS
Bringing people together through food

Hummus

This easy, no-cook recipe is great for a healthy snack or in a lunchbox, buffet or picnic. Use it as a dip with veggie sticks and pitta bread or as a spread in sandwiches with grated carrot or sliced peppers.

Skill: ★★★ Cost: £££ Equipment: ★★★

Store-wise:

Cover and keep in the fridge for up to 5 days
Can be frozen for up to 3 months. Defrost in the fridge before use.

Portion-wise

Makes 300ml – equivalent to 2 standard pots from the supermarket.*

Equipment

- sieve or colander
- measuring jug
- food processor, liquidiser, hand blender **or** masher
- mixing bowl
- wooden spoon

Ingredients

- 1 x 400g can chickpeas
- 1 garlic clove – peeled and crushed
- 4 tablespoons olive oil or cold-pressed rapeseed oil
- 2 tablespoons lemon juice
- 1 tablespoon **light tahini** (light **sesame** cream) or smooth **peanut butter** or 2 cooked carrots or 2 small cooked beetroot
- Salt and ground black pepper to season

Allergy-aware
This recipe contains
Sesame
Peanuts

How to make it

1. Drain the can of chickpeas through a sieve over the mixing bowl to catch the liquid. Pour the liquid into a measuring jug for use later on.
2. Blend the chickpeas until smooth. If using a potato masher to do this, you'll have to work it as much as possible and accept that the result will be a bit chunkier than if it was blended.
3. Add in the olive oil, lemon juice, crushed garlic and the tahini/peanut butter or cooked carrot/cooked beetroot. Blend or mash it some more to combine all the ingredients.
4. Add enough of the saved chickpea liquid to give a light, soft consistency like softly whipped cream.
5. Add salt and pepper to taste.
6. Spoon into a serving dish and add your favourite topping from the options **on the next page** or just serve it plain.

*This recipe makes 4 adult sizes portions if served as a main meal, with pitta bread and salads. The recipe would be a suitable snack for a 1 to 4 year-old child, when about 30g could be served.

Serving ideas

- Optional toppings you can add might include, drizzled olive oil, sprinkled smoked paprika, crispy fried onions, diced cooked carrots/beetroot, few whole chickpeas, freshly chopped herbs like chives or coriander, **toasted sesame seeds**.

Eat well

- This recipe is suitable for vegetarian, vegan, dairy-free and egg-free diets.
- The chickpeas in this recipe are not only a good source of protein but are also an excellent source of fibre.
- The recipe is suitable for all the family and can be served with salads and pitta bread as a nutritious no cook meal.
 - ✓ for babies 7–12 months: serve the components of the meal separately, the hummus in a small bowl and salad and pitta are suitable finger foods.
 - ✓ for older people who may have difficulty chewing: this recipe is suitable as it has a soft consistency and is a useful source of nutrients. The recipe can be adapted to increase the energy content by adding some extra oil. Additional spices and herbs can also be added to enhance the flavour.

Shopping

- Tahini comes in a jar and is found in most supermarkets, in the section for herbs and spices. Unopened, it's a long-life store-cupboard ingredient then, once opened, it can be kept in the fridge for 4 weeks. One small jar of tahini is enough to make 4 quantities of this recipe.
- It is cheaper to make your own hummus than buy ready-made.

Cooking Together

- It's easy to make this recipe in larger quantities for serving at community events – just be aware of how much can fit in the processor or liquidiser and don't over-fill it.
- A responsible adult should operate blenders and food processors.
- Involve younger children and older people in squeezing lemon, crushing garlic, weighing & measuring, seasoning & tasting, and presenting & serving.

Sustainability - good for you, good for the planet

- This is especially good served with seasonal vegetables fresh from the community or school garden and makes what you harvest go a long way. Sugar snap peas, mangetout, cherry tomatoes, radishes, carrots and spring onions would all go perfectly.
- Shop-bought hummus is often wasted because it gets forgotten in the fridge and soon goes out of date. So, if you make your own, use some straight away and freeze the rest in small portions so you can have it for weeks to come. A good tip is to freeze it in an ice-cube tray then when solid, pop the cubes into a freezer bag labelled with its name and date. Defrost it in the fridge then use as fresh.