



SIMPLE HUMMUS

SERVES 10 | 10 MINUTES

Chickpeas – the star ingredient in hummus – are incredibly good for you. High in protein and fiber and more than ten micronutrients, including a hefty amount of the mineral copper, keeping our hair and skin nice and healthy, this is a great, nutritious snack. Serve it with crunchy veg for dipping, breadsticks or lovely warm flatbreads.

JAMIE OLIVER'S FOOD REVOLUTION

Jamie is urging all of us to cook for our lives. This recipe is one of Jamie's 10 Food Revolution recipes that together can teach us all the skills we need to feed ourselves and our families good, nutritious food for years to come. For all 10 recipes go to jamiesfoodrevolution.org and celebrate the power of fresh, healthy, real food.

INGREDIENTS

- 1 x 15-ounce can of chickpeas (garbanzo beans)
- 1 small clove of garlic
- 1 tablespoon tahini (sesame seed paste)
- 1 lemon
- extra virgin olive oil

EQUIPMENT

- Strainer
- Food processor
- Cutting board
- Knife
- Measuring spoons
- Spatula

JAMIE'S TOP TIPS

- 1 Vary how you serve your hummus: crunchy vegetables like radishes, raw asparagus, cos lettuce, or even apple are all delicious – see what's in season and experiment.
- 2 Snacking the right way is super important, and the same goes for how you choose to hydrate yourself. Rather than drinking sugary fizzy drinks to fill you up, try flavoring water instead. It can be super exciting – try adding fresh strawberries and mint leaves, sliced citrus fruits or refreshing cucumber, and even pomegranate seeds for a fun, tasty and healthy way to stay hydrated.

STEP-BY-STEP

