



Hummus recipe

BY MISS WALKER

Ingredients

- 2 cans of chickpeas
- 1 jar of roasted red peppers
- 3 tbsp natural yoghurt
- 1 clove of garlic
- Vegetable stock cube



Equipment

- Medium sized saucepan
- Garlic press
- Food processor
- Tin opener
- A mixing bowl
- Paper towel
- Measuring spoons
- Wooden spoon



Step 1

- Drain and rinse the chickpeas. Place them in a saucepan of boiling water with the stock cube.
- Leave to simmer for 5 minutes



Step 2

- Whilst you leave the chickpeas to simmer, peel the skin off the garlic clove and place in the garlic press. Squeeze through and put into the mixing bowl



Step 3

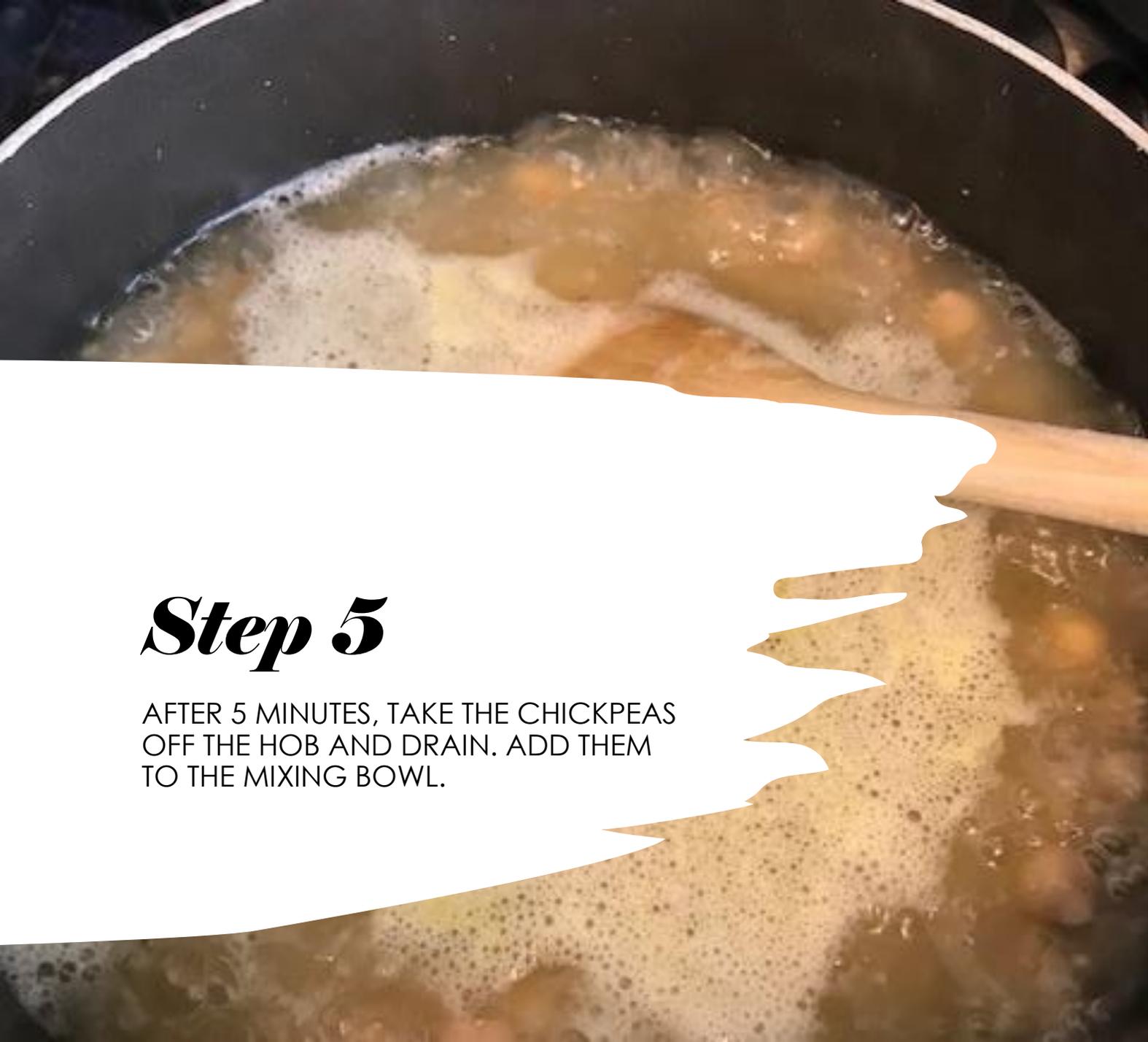


- Drain the jar of peppers, rinse them with cold water and pat dry with a paper towel. Place them in the bowl with the garlic.

Step 4

- Add 3 tablespoons of natural yoghurt to the mixing bowl. Then, mix it all together. I also chopped up the peppers.





Step 5

AFTER 5 MINUTES, TAKE THE CHICKPEAS OFF THE HOB AND DRAIN. ADD THEM TO THE MIXING BOWL.



Step 6

Add the mixture to the food processor and whizz it up until it is a smooth puree.





*Now you can enjoy your
red pepper hummus!*