

Hummus 2 ways

Herb hummus

1 can of chickpeas

1/2 cup of basil leaves finely chopped

1/2 a cup of parsley leaves finely chopped

2 tablespoons of olive oil

A clove of garlic

1/3 cup of tahini

Blend all ingredients together and serve in a small bowl, accompanied with some fresh vegetable crudités - *celery / carrot / snow peas*

Avocado hummus

1 can of chickpeas

1 ripe avocado

2 dashes of Tabasco

2 tablespoons lime juice

1/4 cup of finely chopped chives

1/4 teaspoon smoked paprika

Blend first 5 ingredients together then place in a small bowl sprinkled with paprika,

Serve with fresh vegetable crudités