



Homemade hummus and cucumber crudities

Eating 80g or more of cooked chickpeas counts as 1 portion of your 5 a day. This snack also has all the added benefits of being rich in fibre, you must always remember to drink plenty of water to allow fibre to do its job properly. Making your own hummus helps reduce the fat content and calories. This recipe will also work well with other beans.



Ingredients

- 1 small tin of chickpeas
- 1 tbs of plain low-fat yoghurt
- 1 garlic clove
- 1 tsp lemon juice
- ¼ cucumber

Method

1. Drain and rinse chickpeas under water
2. Place chickpeas into food processor or container suitable for using a hand blender
3. Add the garlic, yogurt, lemon juice and blend
4. If texture too thick for your liking add some water
5. Cut cucumber into strips, ready to dunk into the hummus dip
6. This recipe makes 2 portions

A portion of hummus and cucumber (120g) contains:

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
98kcal	2.4g	0.4g	2.5g	<0.01g	6.4g	12.6g	3.8g
5%	3%	2%	3%	1%	13%	5%	-

% of an adult's reference intake

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