



Sun dried tomato and fava bean hummus (serves 6)

If you are a hummus lover, then you will be pleasantly surprised by this hummus recipe with a twist. In this recipe the chickpeas were replaced with fava, but you could try a mixture. Enjoy this variation on a great dip.

Ingredients

200g of tinned fava beans, drained
80g of sundried tomatoes, drained weight
1 clove of garlic
2 tablespoons Lemon juice
1 dessert spoon of oil from sun dried tomato jar
Pinch of cayenne pepper
Pinch of salt and pepper

Method

1. Puree all ingredients together until smooth.
2. Season to taste.
3. Use as a spread or dip.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	588kJ 142kcal	6.4g	7g	1g	8.9g	2.3g	9.1g	0.1g
Per 50g Serving	294kJ 71kcal	3.2g	3.5g	0.5g	4.5g	1.2g	4.5g	0.06g