

3 Ways with Hommous

1 large pot, 3 small pots or 1 batch home-made hummous (1 tin chickpeas, juice 1 lemon, 2 tbsp tahini, 1 clove garlic, pinch cumin, splash olive oil, splash water, salt & pepper to taste)

To make the extras select 3 of the following;

Roasted red peppers (fresh or in a jar)

Grated rind of a lemon and extra lemon juice

1 tbsp ras-el-hanout

1 raw beetroot – peeled and grated (finely)

Handful wilted and squeezed spinach

Few spring onions and handful fresh herbs/parsley/chives etc

- 1 Divide the hummous into 3 portions and add one of the finely chopped extras to each bowl, mixing well to create a trio of hummous dips.