

Hummus recipe

H U M M U S

Arabian secret!

Over the years I have discovered the most amazing, super tasty, use-for-every-occasion uber dip - Hummus!

This Arabian food is a low GI, high protein, healthy fat dip or spread that the whole family will enjoy. It is also very cheap to make and I nearly never go without some Hummus ready in the fridge!

Oh and by the way, Hummus has a GI of 6! Yes, you read it right - 6!



**Healthy food has never tasted
this good!**

Recipe

250g tinned chick peas
250g tinned butter beans
5 tablespoons extra virgin olive oil
3 tablespoons white vinegar
3 tablespoons fresh lemon juice
3 cloves garlic
 $\frac{3}{4}$ teaspoon cumin
Salt to taste

Method

Add all the ingredients in a bowl adding only a third of the juice in the tins (keep the remaining juice close by if you need to add it later). Use a hand blender to blend to a creamy paste.

Varieties

Masala Hummus

Just add a $\frac{3}{4}$ teaspoon of masala curry to the recipe

Coriander Hummus

Add a handful of fresh coriander sprigs

Basil pesto Hummus

Add a few dollops of basil pesto on top of the finished product. It looks good and tastes ridiculously good!

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