

Hummus

2 cups of chick peas, soaked, or two tins drained
3 cloves of garlic, crushed
3 tablespoons of lemon juice
1/4 cup of sesame seeds
150 ml plain, unsweetened yoghurt
1 teaspoon of coriander powder, paprika or cumin

Place all ingredients in a food processor and blend until a smooth paste is formed. Refrigerate for several hours before serving. Serve as part of a sandwich or with crackers, toasted bread or pita bread.

Health Habits:

- Basing dips around legumes (chick peas) instead of sour cream or cream cheese – less fat, more fibre
- Using hummus as an alternative spread on bread, crackers or pita bread