

LighterLife Management

Week 3 Recipes:

Houmous and vegetable dippers

The great thing about home-made houmous is that you can omit unnecessary fats, giving you a healthy lunch or side option that's great with a range of veggies, or as a side for lots of other dishes.

Serves: 1

Nutrition per serving:

278 kcal, 18g protein, 40g carbs, 6g fat, 3g fibre

Ingredients:

- 200g canned chickpeas, drained and rinsed
- 1 tbsp lemon juice
- 1 clove crushed garlic
- 4 tbsp cold water
- Freshly ground black pepper
- 80g sugarsnaps
- ½ red pepper, cut into thick slices

Method:

1. Put the chickpeas in a blender with the lemon juice, garlic and water and black pepper, then process until you have a smooth purée.
2. Season with black pepper and serve with the sugarsnaps and red pepper.

Tips:

- Try flavouring the houmous with chilli, or some roasted red pepper, or coriander, and vary the dipping vegetables – cucumber, celery and mangetout work well