

## PEA HUMMUS

### **Ingredients:**

1½ cups peas, cooked  
2 garlic cloves, chopped  
¼ cup lemon juice  
4 Tbsp tahini paste  
¼ cup sunflower oil  
Pinch of salt

**Tip: hummus is a versatile dish. Add your favourite vegetables and spices to make it your own. Vegetable ideas include red peppers, olives, pureed tomatoes and green onion.**

### **Instructions:**

- Throw all the ingredients in a food processor and puree until smooth.
- Serve chilled with vegetable sticks, or with baked pita crisps (see our *Nachos Platter* recipe to learn how to prepare pita crisps).

Serves 4

### **Good to know**

Hummus is a Middle Eastern dish, full of flavour and richness. The traditional recipe is prepared with chickpeas. However, there are now many different variations incorporating a variety of ingredients.

