



**SUN-DRIED
TOMATO HUMMUS**

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Serves: 8
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
165 kcal
7g Fats
19g Carbs
6g Protein



WHAT YOU NEED

- 1 15 oz. (425g) can chickpeas, drained and rinsed
- ¼ cup (15g) sundried tomatoes
- 2 tbsp. tahini
- 1 clove garlic, crushed
- juice of 1 lemon
- 2 tbsp. oil from tomatoes

WHAT YOU NEED TO DO

Using a food processor or high speed blender combine together all the ingredients until a smooth paste has formed.

If necessary, add water to bring it to the consistency that you like. Season with salt and pepper to taste.