



## Carrot and Red Pepper Hummus

Serves 4

Hummus is a healthy and filling snack. It is low in saturated fat and full of proteins to keep you satisfied and energised for longer. Chickpeas are known to reduce build up of cholesterol in the blood vessels and help to keep blood sugar level.

### Ingredients:

300 grams of carrots, washed, trimmed and cut into 2cm pieces (to save time you could buy them ready chopped).

1 large red pepper. Sliced into large pieces.

3 cloves of garlic, peeled and crushed.

2 tea spoons of cumin seeds.

Half a teaspoon of dried chillies.

2 tables spoons of olive oil.

1 can of chick peas in water, drained (410 grams).

The juice if 1 lemon.

### Method:

Preheat oven at 220C/gas mark 7. Place the carrots and red pepper in a small roasting tin. Add the garlic, chilli peppers, cumin and a table spoon of olive oil and toss together.

Roast for 20 minutes until the pepper and carrots are tender.

Add the chickpeas, roasted vegetables and cooking juices to either a food processor or a bowl and use a hand blender. Also add the remaining olive oil and lemon juice. Blend until it is pureed.

Add salt and pepper to taste.

Hummus works really well as a dip with crudités - celery, carrots and red or yellow peppers. Oat cakes are also good. It is also great as a protein source with salad or a to add taste, texture and moisture to a wrap.

Enjoy