

THE HEALTH BOOST

happy healthy living

pea & mint hummus



This recipe came about after a friend said she fancied a pea hummus and could I come up with a recipe for her. Well of course I could, so here it is Gayle! I added mint and cumin since they both go so well with peas. You can use this as a dip, or mixed into a salad to give it a protein hit.

INGREDIENTS

100g frozen peas
small handful of fresh mint
250g drained chickpeas. I like to use the brand Brindisa Navarrico as the chickpeas are shelled giving a much smoother finish to the hummus.
2 tablespoons tahini
1 teaspoon ground cumin
juice of 1/2 lemon
4 tablespoon extra virgin olive oil
salt and pepper to taste

METHOD

- Bring a pan of water to the boil and add the peas and mint. Cook for a few minutes and then drain.
- Add all the ingredients to a food processor and blend until smooth.
- Taste and season with salt and pepper if required.

THE HEALTH BOOST TIP

Chickpeas are an excellent source of molybdenum and a good source of fibre, folic acid and manganese. They are also a good source of protein and minerals such as iron, magnesium, copper and zinc.