

Recipes make approximately 2-3 cups for each dip and is easy to multiply for larger serves.

Basic Hummus Dip

2x 400g tin chickpeas, drained and rinsed
2 cloves garlic
Juice of 1-2 lemons
2 tbsp tahini
2 tbsp extra virgin olive oil

Variations

Roasted pumpkin hummus: Bake 600g diced *pumpkin* in a moderate oven for 25 minutes. Allow to cool and add to hummus along with 2 tsp *ground cumin*.

Beetroot hummus: Add in a 450 tin of baby *beetroot*, drained.

Sundried tomato hummus: Add in 250g of *sundried tomatoes*, drained of oil.



Method

1. Blitz chickpeas, peeled garlic cloves, lemon juice, tahini, a pinch of salt and any extra variation ingredients in a food processor.
2. Scrape down sides, add 3 tbsp of water and process again until smooth.
3. Taste and adjust ingredients if needed, using a splash water to loosen if too thick.

- Based on chickpeas, hummus is nutrient-rich and great source of protein and fibre.
- Seek feedback from your residents about their flavour preferences when making changes to the mid-meal menu.
- Savoury mid-meal options provide a greater variety of flavour and nutrients on the menu.

- Serve with crackers, bread pieces, warm flatbread or vegetable crudités (being mindful of texture and chewing abilities of residents).
- Hummus is suitable for residents on Texture Modified diets, as long as they are blended until they are smooth and lump-free, are not 'sticky' and served on their own.