

LEMON & CORIANDER HUMMUS



LifeShape Clinic

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INGREDIENTS (SERVES 10)

400g canned chickpeas in water, drained
1 garlic clove, roughly chopped
1 1/2 tablespoons Greek yogurt
1 1/2 tablespoons tahini paste
1 1/2 tablespoons extra virgin olive oil, plus extra
Zest and juice of 1 lemon
1/2 bunch of fresh coriander
Salt and pepper to season
Multigrain corn thins, for dipping

METHOD

1. Put everything but the coriander into a food processor, then whizz to a fairly smooth mix. Scrape down the sides of the processor if you need to.
2. Season the hummus generously with salt and pepper, then add the coriander and pulse until roughly chopped. Spoon into a bowl, drizzle with olive oil. Transfer dip into a bowl to serve or place in 10 small snack containers for the perfect work/ school snack option. Enjoy 2 corn thins with each dip serve.

Nutrition Guide

PER SERVE

Energy (cal)	142cal
Protein	4.7g
Fat	6g
Saturated Fat	1g
Carbohydrate	14.4g
Sugar	0.7g
Sodium	136mg
Fibre	3.8g

RECIPE VARIATION

1200

Snack Requirement: 70 - 100 cal
Meets Requirements: No
Recommendations: Replace multigrain corn thins with vegetable sticks.
Total Meal Calories: 100 cal

1500

Snack requirement: 120 - 150 cal
Meets requirements: Yes
Total meal calories: 142 cal

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