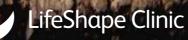
# LEMON & CORIANDER HUMMUS



**ARATE I** 

## LEMON & CORIANDER HUMMUS

#### 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

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

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

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