

3 hummus: Chickpeas, Pepper and Spinach



Consejo del chef

You can also cut vegetables into sticks to dip, like crudité's of carrot, celery, and broccoli.

Raciones para 4

800gr
Canned or cooked chickpeas
2
Tablespoon Lemon juice
1/2
Lemon peel
Salt
Tahini
Cumin
Garlic
50ml
Olive oil
Water
4-5
Roasted, red pepper
Paprika
Spinach

- 1 For the hummus base, puree the chickpeas with lemon juice, salt, tahini, cumin, garlic, and olive oil in a food processor and blend until smooth. Add water to reach the right texture.
- 2 Divide this hummus into three food containers.
- 3 For the red pepper hummus, blend the roasted pepper and paprika with the hummus base.
- 4 Repeat with the spinach to create the spinach hummus.
- 5 Serve the three hummus with toasted pita bread.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/3-hummus-garbanzos-pimientos-y-espinacas/>

