

# 3 hummus: Chickpeas, Pepper and Spinach



## Consejo del chef

You can also cut vegetables into sticks to dip, like crudités 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

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

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