

# 3 hummus: Chickpeas, Pepper and Spinach

COOKING  
LOVERS TEKA



## 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/en/receta/3-hummus-garbanzos-pimientos-y-espinacas/>

