



Better  
Choices

Make a Better Choice for your

# Match Night In



SEAMUS COLEMAN  
Irish International Footballer

## HEALTHY HUMMUS

A really quick and simple recipe to make hummus at home.



### Ingredients

- 1 x 600g can of chick peas
- 2 tbsp x tahini paste
- 1 x clove of garlic
- Juice of 1 lemon
- 100ml x olive oil
- Salt and pepper

### Method

Add all ingredients into a food processor and blend until smooth.  
If you would like a smoother texture to your hummus you can add 30ml of water also.

### Variations

There are lots of ways to add new flavours to your hummus. Why not try adding some roasted beetroot, which creates a really cool pink colour, some sun dried tomatoes for a red hummus or 2 tbsp of pesto for a green variety.