

# Spinach Hummus

1 can chickpeas; drained

60g fresh baby leaf spinach

Juice of ½ a lemon

1 tbsp tahini (sesame paste)

2 tbsp olive oil

1 small garlic clove

Salt and pepper to taste

A little water if consistency is too thick

**Contains:** Vitamin B6 & 12 and complex carbohydrates (and other healthy nutrients like iron)



Put all ingredients in a blender or food processor until the paste has the consistency you like.

Super quick and easy to prepare starter, lunch or snack.

Yummy if eaten with crudité and some rye, oat or wholemeal crackers to add the complex carbohydrates.