

Red lentil hommus

Preparation time

15 minutes

Cooking time

10 minutes

Serves

3

Recipe courtesy of

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Ingredients

Method

Nutrition

1 cup water

1/2 cup red lentils

1 clove garlic (finely chopped)

1 tbsp tahini

1/4 of a lime (juice only)

1. Place water and red lentils in a medium sized saucepan and bring to the boil on high heat.
2. Once boiling, put on low heat until the majority of water has evaporated (stirring occasionally so the lentils don't stick to the pan). Put mixture aside in a separate bowl to let cool for a few minutes.

3. Once cool, put the lentil mix and remaining ingredients in a blender. Pulse the blender until the desired texture is achieved. Season to taste.
4. Serve with whole grain crackers, pita chips or veggies sticks.

Nutritional information is provided per serve

Energy 671kJ (160 calories)

Protein 9g

Saturated Fat 1g

Total Fat 5g

Carbohydrates 17g

Sugars 1g

Dietary Fibre 4g

Sodium 10mg