

Red lentil hummus

Preparation time

15 minutes

Cooking time

10 minutes

Serves

3

Recipe courtesy of

Stevie Raymond, Accredited Practising Dietitian (APD)



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