

Roasted Carrot Hummus

Makes about 600g – Ideal for freezing in portions

Ingredients

400g carrots
1/2 x 400g tin of chickpeas, drained
1 clove of garlic
4 tbsp olive oil
a pinch of salt and freshly ground black pepper
juice of 1/2 a lemon
2 tbsp tahini
1 tsp ground cumin



Instructions

Preheat the oven to 200C/400C/gas mark 6. Cut the carrots into bite-size pieces, put them on a baking tray and roast them in the oven for 25 minutes.

Drain the chickpeas and rinse thoroughly. Peel and finely chop the garlic. Put all the ingredients into a blender and blend until smooth, adding a little water if necessary. Check the seasoning and add more salt and pepper if necessary.

Nutrition information:

Each Serving:	50g
Kcal	80
Fat	1.3g
Net Carbs	2.8g
Protein	1.9g