



HOUMOUS



INGREDIENTS

- 1 x 400g can chickpeas – drained and rinsed
- 1 clove garlic – crushed
- ½ teaspoon dried mixed herbs
- 1 teaspoon lemon juice
- 1 tablespoon low fat plain **yogurt**
- black pepper to season
- 50ml cold water (if needed)

EQUIPMENT

- food processor, can opener,
colander, tablespoon, teaspoon

SERVES: 4

PREP TIME: 10 minutes

ALLERGENS: milk

COOK TIME: —

METHOD

- 1 Place the chickpeas in the processor with all of the other ingredients.
- 2 Blend until you make a paste. If the houmous is too thick, add a little water (a teaspoon at a time) to help make a 'dippable' hummus.
- 3 Serve with homemade tortilla chips and vegetable sticks.



HWMWS



CYNHWYSION

- 1 x 400g tun corbys – wedi'u draenio a'u golchi
- 1 ewin garlleg – wedi'i wasgu
- ½ llwy de perlysiâu cymysg
- 1 llwy de sudd lemwn
- 1 llwy fwrdd **iogwrt** plaen braster isel
- Pupur du
- 50ml dŵr oer (os bydd ei angen)

OFFER

prosesydd bwyd, agorwr tuniau,
colandr, llwy fwrdd, llwy de.

DIGON I: 4

AMSER PARATOI: 10 munud

ALLERGEDD: Ilaeth

AMSER COGINIO: —

DULL

- 1** Rhowch y corbys a'r holl gynhwysion eraill yn y prosesydd bwyd.
- 2** Cymysgwch nes bydd y cynhwysion wedi troi'n bast. Os ydi o'n edrych yn rhy dew, ychwanegwch ychydig o ddŵr (llond llwy de ar y tro).
- 3** Gweinwch gyda sglodion tortilla a ffyn llysiâu.