



EASY 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 plain **yogurt**

black pepper to season

50ml cold water (if needed)

EQUIPMENT

food processor, can opener, colander,

tablespoon, teaspoon

SERVES: 4

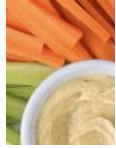
PREP TIME: 15 minutes

ALLERGENS: milk

COOK TIME: — minutes

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 flatbreads or tortilla chips and vegetable sticks.



HWMWS

HAWDD



CYNHWYSION

1 can 400g ffacbys – wedi'u draenio a'u golchi

1 ewin garlleg – wedi'i wasgu

½ llwy de perlisiau cymysg sych

1 llwy de sudd lemwn

1 llwy fwrdd **iogwrt** plaen

papur du – i flasau

50ml dŵr oer (os oes angen)

OFFER

prosesydd bwyd, agorwr tuniau,

colandr, llwy fwrdd, llwy de

DIGON I: 4

AMSER PARATOI: 15 munud

ALLERGEDD: laeth

AMSER COGINIO: — munud

DULL

- 1** Rhowch y ffacbys yn y prosesydd bwyd gyda'r holl gynhwysion eraill.
- 2** Cymysgwch nes yn llyfn. Os yw yn rhy dew, ychwanegwch ychydig ddŵr (fesul llwy de) i wneud houmous y gellwch ddipio ynddo.
- 3** Gweiniwch gyda flatbreads neu cresion tortilla cartref a darnau o lysiau.