

Hummus



Homemade Hummus Recipe

Hummus is amazing! It's the one thing I cannot avoid when there are snacks out at a party! And the great thing is that if you make your hummus at home it's super duper healthy ☐

Hummus seemed like a really daunting thing for me to make but it's actually surprisingly easy. It takes a few minutes to make and a few minutes to eat!

The only ingredients you'll need to make this is:

- 1 tin of chickpeas (drained)
- 1 red pepper chopped roughly
- 1 clove of chopped garlic
- 2 tbsp tahini paste or almond butter.

To make your hummus simply pop all of the ingredient into a blender and blitz until it's smooth. Spoon into a jar and refrigerate until you want to devour it! I like having mine with slightly heated pitta bread, sticks of pepper or carrot sticks ☐

Hope you enjoy!! Why not follow [my instagram account](#) for more delicious recipe inspiration! And share your own by tagging me @RooDeRennes.

Love Roo xx

You might also like

- » [Nice Pants!!](#)
- » [My Vitamins Complete Sleep](#)
- » [Metallic Temporary Tattoos](#)
- » [How To Be Your Own Coach](#)
- » [Pyramid Workout #1](#)

Share this: