



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CANNELLINI BEAN HUMMUS

Time: 10 minutes

Serves: 6

Ingredients:

540ml can cannellini (white kidney) beans - rinsed and drained
1 clove garlic
15g tahini
20g fresh lemon juice
0.5g crushed red chili
1g kosher salt
1g paprika
30g olive oil

Preparation:

Place all ingredients except olive oil in a food processor. Process until smooth, then drizzle in olive oil with processor running.

Serve immediately or chill.

Nutritional Information Per Serving:

Calories: 118
Fat: 6g
Carbs: 12g
Fibre: 3g
Protein: 5g