



Hummus

1	tin chick peas (drained and washed well)
1tsp	garlic
125g	natural yoghurt
1tbsp	tahini paste
3tbsp	olive oil
1tbsp	sweet chilli sauce
	Salt & pepper
1/2	lemon juice

Method;

- add all ingredients to a food processor and blitz. If mix to dry add a little oil and blitz again