



## Did you know?

A third of people at work said treat foods in their office had led to weight gain and difficulty controlling bodyweight. Over a third said it made it hard to eat healthily at work.

Making small changes can make a big difference to the way you feel.

See what happens when you do at [goodfoodingreenwich.org/sugar-smart](http://goodfoodingreenwich.org/sugar-smart)



# Hummus



## Ingredients

400g canned chickpeas in water

2 tablespoons lemon juice

2 garlic cloves, crushed

1 teaspoon ground cumin

1/4 teaspoon of salt (optional)

1 tablespoon of tahini (sesame paste)

4 tablespoons water

2 tablespoons extra virgin olive oil

1 teaspoon paprika

## Method

1. Drain the chickpeas and rinse. Reserve a few whole chick peas for serving.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor, and blend to a creamy purée.
3. Add more lemon juice, garlic, cumin or salt to taste. Drizzle with extra virgin olive oil and scatter with the reserved chickpeas.
4. Sprinkle with paprika and serve with pita bread or raw vegetables, or both.