



Mummy's Favourite Hummus



Mummy's Favourite Hummus Ingredients

- 1) Annum[™] Materna Plain -
3 scoops (36gm) or 1 stick pack
- 2) Canned Chickpeas (drained) -
400gm
- 3) Lemon Juice - 40gm
- 4) Sesame Seeds (toasted) - 150gm
- 5) Garlic - 3gm
- 6) Salt - 2gm
- 7) Olive Oil - 80gm
- 8) Pretzel Snacks
- 9) Salad Leaves



Mummy's Favourite Hummus Directions

AnnumTM
MATERNA

- 1** In a food processor, blend the chickpeas, lemon juice and sesame seeds until smooth.
- 2** Add in the garlic, salt and a sachet of AnnumTM Materna, and blend until smooth.
- 3** Slowly drizzle in the oil until the mixture combines.
- 4** Eat it as a dip with pretzel, or drizzle over salad leaves for a delicious and nutritious snack.

