



**A TASTE  
OF**

**INSPIRATION**

# Simple Hot Peppa Chickpea Hummus

## Ingredients

- 480g Chickpeas  
(Drained or Soaked overnight from dried)
- 3 TableSpoons of extra virgin olive oil
- 3 Garlic Cloves
- 4 Tablespoons of lemon juice
- Salt to taste
- 1-2 Tea spoons of LAiRIE Hot Peppa  
(more if you can handle the heat)

## Method

Place All ingredients into a food processor and blend until smooth or until your preferred consistency.

Can be eaten as a side for dipping or a tasty sandwich filler.

