




























Hummus & Crudites



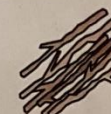


 mixing bowl	 can opener	 masher	 spoon	 chopping board
 1 can	 chickpeas	 2tbs tahini	 1tbs olive oil	 4tbs yoghurt
 garlic	 salt	 pepper		

1.  of ,  in a 

2.  Put chickpeas in a ,  add tahini,  oil,  yoghurt and  lemon juice

3.  Add ,  salt and pepper

4.  Mash together until  smooth

5.  Chop  vegetables into  sticks  Serve with  hummus