



RYVITA[®]

Pea and Mint Hummus

Preparation time: 10 minutes

Recipe by: Ryvita



INGREDIENTS

200g chickpeas, drained

100g frozen peas, defrosted

1 tbsp. tahini (18g)

Juice 1 lemon (40g)

1 tbsp. extra virgin olive oil (12.6g)

Small bunch mint, leaves picked, reserving a few for garnish (4g)

10 Ryvita Thins

METHOD

1. Blitz all the ingredients together in a food processor with a splash of water and some seasoning until smooth.
2. Garnish with the reserved mint leaves and serve with the Thins.
3. Serve with your favourite Ryvita Thins (Thins haven't been included in the nutritional information)

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