

# Ippy Dippy Houmous

## Ingredients- Per table

- 2 Red Peppers, deseeded & cut into 4
- 400g can chickpeas
- 2 garlic cloves, peeled
- 30ml(2 tbsp) tahini
- 1tbs lemon juice
- 4-5 ml (3 tbsp) olive oil
- A little paprika
- 4 Carrots
- 1/2 Cucumber
- 4 sticks celery

## Method

1. Cut the red peppers into 4 quarters.
2. Remove any seeds from inside the pepper.
3. Place the red peppers under a hot grill.
4. Grill until the skins have blackened.
5. Place in a plastic bag and when cool peel off the blackened skin.
6. Open, drain and rinse the can of chick peas and place in food processor.
7. Peel garlic, then crush using garlic press, place in food processor.
8. Measure out Tahini, and place in food processor.
9. Measure out lemon juice and place in food processor.
10. Measure out olive oil and place in food processor.
11. Place the peppers in the food processor and blend until smooth and creamy.
12. Transfer the houmous to a bowl and sprinkle with a little paprika.
13. Peel carrots, top & tail, then cut into fingers.
14. Wash cucumber and celery then cut into fingers.