Hummus Three Ways

**Ingredients – Roasted Red Pepper Hummus**

1 x 400g can of chickpeas, drained & rinsed

2 red peppers, grilled and skinned

Juice of half a lemon

1 large garlic clove, crushed

3 tbsp tahini (sesame seed paste)

1 tsp ground cumin

6 tbsp olive oil

Smoked paprika and chopped coriander or parsley to garnish

**Ingredients – Beetroot Hummus**

1 x 400g can of chickpeas, drained & rinsed

250g cooked/roasted beetroot

Juice of half a lemon

1 large garlic clove, crushed

3 tbsp tahini (sesame seed paste)

6 tbsp olive oil

1 tsp ground cumin

Finely chopped chives and parsley to garnish

**Ingredients – Carrot & Coriander Hummus**

1 x 400g can of chickpeas, drained & rinsed

250g carrots steamed or roasted (roast for 30 mins at 200C/Gas mark 6 in the olive oil and allow to cool slightly before adding to the other ingredients)

Juice of half a lemon

1 large garlic clove, crushed

3 tbsp tahini (sesame seed paste)

6 tbsp olive oil

1 tsp ground coriander seed

Handful coriander leaves

Finely chopped coriander to garnish

**Instructions:**

* Place all of the ingredients into a food processor with 4 tbsp water and ¼ teaspoon of salt then blend until smooth or desired consistency. Add extra garlic or spices to taste
* Serve drizzled with extra virgin olive oil and herbs.