



# SWEET CHILLI HUMMOUS

## INGREDIENTS

Serves 4 -

1 tin chickpeas, drained  
10 sprays low cal cooking spray  
1bsp chilli flakes  
1sp chilli powder  
1 tsp granulated sweetener  
2 cloves garlic crushed  
salt - add to taste

## PREP TIME

Prep time - 5 mins

Cook time - 2 mins

## HOW TO COOK

01

Spray a frying pan with one spray of low calorie cooking spray and cook the garlic, chilli flakes and chilli powder on a medium heat.

02

Remove from heat as soon as you can smell the garlic to avoid any burning. Then empty into a food processor along with all of the other ingredients.

03

Pulse on high for 30 seconds. Scrape down the sides of the bowl and repeat until you get your desired consistency.

04

Add more salt and pepper to your taste if needed.

