

PEANUT HUMMUS

Serves: 2 to 4 people as a side – Time: 5 minutes

CONTAINS

Vitamins B group and C, copper, manganese, flavonoids

INGREDIENTS

1 (14-ounce) can chickpeas • 1 small clove garlic
3 tablespoons smooth **peanut butter** • 3 tablespoons **lemon juice**, plus more
1½ teaspoons ground cumin • Sea salt flakes • Freshly ground black pepper
Extra-virgin olive oil, for drizzling • Chopped vegetables, to serve

POTENTIAL BENEFITS

protects against heart disease, stroke, cancer, Alzheimer's disease, rheumatoid arthritis, and cell damage

- *supports the immune system*
- *anti-inflammatory*

Drain the chickpeas, reserving the liquid, and rinse. Combine the chickpeas, garlic, peanut butter, lemon juice, and cumin in a food processor and process until smooth. Add some of the reserved chickpea liquid to loosen if the purée is too thick, and adjust the seasoning according to taste with extra lemon juice and salt and pepper. Transfer to a shallow bowl and drizzle with olive oil. Serve with chopped vegetables.

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