



Spinach Hummus

Serving: 1

Veg

Ingredients

- -Boiled Chickpeas- 15 gm
- -Chopped Spinach - 3-5 stalks
- -Tahini paste- 1 tsp
- -Fresh lemon juice- 1 tsp
- -Garlic cloves- 1
- -Red pepper flakes- a pinch
- -Black pepper powder- as per taste
- -Olive oil- $\frac{1}{2}$ tsp

Preparation Method

- -Add boiled chickpea, spinach, tahini paste, garlic cloves, red pepper flakes, black pepper powder, lemon juice and oil in a grinder.
- -Grind it to make smooth paste
- -Ready to serve.