

## **Hummus**

### **Ingredients**

4 cloves of garlic

425g can of chickpeas (count as per label)

1 tablespoon lemon juice

Salt & pepper to taste

3 tablespoons MCT Oil

½ teaspoon sweet paprika

### **Method**

1. Preheat the oven to 400°F/ 200°C/ Gas Mark 6.
2. Place the garlic (with the skin on) on a baking tray and bake in a preheated oven for 10 minutes.
3. Remove from the oven to cool.
4. Once cooled, remove the skins from the garlic cloves.
5. Crush the garlic, then add all the ingredients and mash with a potato masher/ blender or food processor to achieve a smooth paste.
6. Cover and chill in the fridge until required.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics