

Spinach and Feta Hummus

Ingredients

1 can garbanzo beans/chickpeas (15 oz), drained
1/2 cup fresh spinach
3 oz, crumbled feta cheese
1/4 cup olive oil
3 tablespoons lemon juice
2 tablespoons tahini
2 tablespoons yoghurt
1/4 cups red pepper flakes
1 teaspoon roasted garlic

Preparation

In a food processor combine, beans, tahini, spinach, garlic, olive oil, yoghurt and lemon juice. Blend well. Add cheese and red pepper flakes and blend to a smooth and creamy dip.

Spinach and feta hummus can be made up to two days in advance. Store in airtight container in the refrigerator. Spinach and feta hummus can be served hot or cold. Serve with pita bread, green olives, grapes and raisins.