Snack

Bright Lemon Pesto Chickpea Dip

A silky chickpea dip whizzed with herby pesto sauce, a splash of lemon juice and a hit of black pepper. It comes together in just five minutes with a food processor or blender.



Gluten free

5 min	110	13 g	2 g
time	calories	carbs	sugars

Ingredients, 5 servings

- [ ] 1 (14.5 oz) can chickpeas (garbanzo beans) (drained and rinsed)
- [ ] 2 tbsp jarred pesto sauce
- [ ] 2 tbsp lemon juice (from 1 med lemon)
- [ ] 1/2 tsp fresh ground black pepper

Method

- [ ] **1** Drain and rinse the chickpeas (garbanzo beans), then tip them into a food processor or blender.
- [ ] **2** Add the jarred pesto sauce, lemon juice and fresh ground black pepper to the chickpeas.
- [ ] **3** Blend everything together until completely smooth.

Nutrition Facts

Per serving

Calories	**110**
Total fat	5 g
Saturated fat	0.5 g
Sodium	170 mg
Total carbs	13 g
Fiber	3 g
Total sugars	2 g
Protein	4 g

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