



# Wake-up Hummus

## Yummus Hummus made with Alpro Soya Original Drink

### Preparation

1. Place the frozen peas into a bowl of hot water for a minute and then drain.
2. Place all the ingredients, except the bread slices, into a blender and blend until smooth. Taste and add more lemon juice if required.
3. Toast the bread until golden brown.
4. Spread the hummus on the toast and enjoy.



### Ingredients

- 120 g peas, frozen
- 4 tbsp Alpro Soya Original alternative to milk
- 150 g tinned chickpeas, drained
- 1 clove garlic, crushed
- 1 tsp lemon juice
- Black pepper and a pinch salt
- 8 slices bread of your choice

### Made with

Original

