

Brussel Sprout Hummus

200g brussel sprouts- stemmed, washed and halved
1 x 400g tin chickpeas
5 tablespoons virgin olive oil
½ juice of a lemon
2 tablespoons maple syrup
¼ teaspoon cinnamon
2 sprigs of rosemary- leaves pulled off

Garnish

Extra olive oil to garnish
Left over sprouts

In a bowl place the brussel sprouts, drizzle over with a tablespoon of olive oil and a tablespoon of maple syrup, rubbing together to cover the sprouts. Spread evenly on to a lined baking tray, scattering over the rosemary leaves. Roast for 25 minutes until golden toasted and tender. Place to one side and let cool.

Drain and rinse the chickpeas, place them along with the rest of the olive oil, lemon juice, cinnamon and maple syrup into a food processor and blend until completely smooth and creamy.

Once the sprouts have cooled add them along with any rosemary leaves to the food processor (omit 5 sprouts as a garnish). Blend once more until there is very little trace of sprouts left, the hummus will turn a pale green. Garnish with the left over sprouts and extra oil. Dig in!

