

Chickpea and Ricotta Dip

Printed from Chickpea Recipes at <http://www.chickpearecipes.co.uk/>

This super easy dip is wonderful for serving at a dinner party, for your lunch or as a quick snack mid-afternoon. Whiz up this protein-packed dip and serve it with simple vegetable cruditees or crusty bread.

Ingredients:

1 400g tin chickpeas
85g soft ricotta cheese
Juice of half a lemon
1 tsp. paprika
Salt and pepper

Directions:

1. Drain the chickpeas and give them a quick rinse under the tap.
2. Place all ingredients into a food processor and whiz until smooth.
3. Refrigerate until ready to eat.

Author: Laura Young