



EASY BABY HUMMUS

FROM
AROUND 7
MONTHS

GLUTEN
FREE

DAIRY
FREE

VEGGIE

Hummus is a perfect food for weaning babies - not only is it packed with protein from nutritious chickpeas, but it makes an ideal accompaniment for baby-led weaning staples like veggie sticks and pea puffs!

Our recipe makes use of a Babease pouch to add some delicious flavour and extra veggie goodness to the mix!

WHAT YOU NEED

- ½ can of chickpeas
- 1x Babease pouch (we think our [sweet potato, carrot and cauliflower](#), [pumpkin and peas](#), or [butternut squash, carrot and broccoli](#) pouches would work fantastically!)
- 1 tablespoon of olive oil
- 1 teaspoon of lemon juice
- ½ teaspoon cinnamon
- ½ teaspoon cumin

WHAT TO DO

1. Pop all of the ingredients into a blender and blend until smooth. If you don't have a blender you can add the ingredients to a bowl and use a hand mixer.
2. Serve with veggies and other finger foods, or simply eat with a spoon.