

Chickpea, parsley and chilli dip

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Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
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Learn how to make a homemade chickpea dip - perfect as a snack or starter.

Ingredients (serves 4)

- 375g can cooked [chickpeas](#)
- 3 tbsp low fat natural yoghurt
- 1 teaspoon lemon zest
- 2 tbsp lemon juice
- 2 tbsp finely chopped flat leaf parsley
- 1 teaspoon finely diced red chilli
- Pita bread
- Vegetable crudites
- Olive oil

Put chickpeas, chilli, parsley, lemon zest, lemon juice and yoghurt into a blender and mix until roughly pureed.

Season to taste if required. Spray pita bread lightly with oil and toast under a griller.

Serve dip with toasted pita and vegetable crudites.

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$(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/'
+ nid, function(data) { //$('#.result').html(data); alert('This recipe was added to your favorites list');
}); }
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