

Dips & Spreads



A HEALTHIER COMMUNITY
Health Promotion & Disease Prevention Directorate



GOVERNMENT OF MALTA
OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH



Health Promotion & Disease
Prevention Directorate

Dips/Spreads

Serves 4

Hummus Dip

Ingredients

100g canned chickpeas (rinsed in water) or cooked dried chickpeas
1 tsp tahini
2 garlic clove
½ tsp ground cumin
½ tbsp extra virgin olive oil
½ tsp fresh lemon juice
Parsley



Olive & Broccoli Dip

Ingredients

60g pitted olives (rinse thoroughly)
4 or 5 florets of broccoli, blanched
2 garlic cloves
½ tsp rinsed capers
1½ tbsp parsley
1 tsp poppy seeds to garnish



Red Lentil Dip

Ingredients

100g dried red lentils, cooked
5 tsp 0% fat Greek yoghurt
1 tbsp fresh lemon juice
2 garlic cloves
½ teaspoon grated fresh ginger
½ teaspoon cumin
¼ teaspoon coriander
¼ teaspoon turmeric
¼ teaspoon onion powder
Freshly ground black pepper

Red Kidney Bean Dip

Ingredients

100g canned red kidney beans (rinsed) or cooked dried red kidney beans
2 garlic clove
¼ tsp ground cumin
Pinch of chilli powder
Pinch of crushed red pepper flakes
1 tbsp lemon juice
4 tbsp water plus more as needed
½ tsp coriander
1 tbsp extra virgin olive oil



Serving suggestions

Mix all ingredients in a food processor and blend until smooth. Garnish with parsley, crushed nuts or seeds.

Tip: Use these dip/spread recipes to replace butter when making your sandwich.