



# EGGPLANT HUMMUS



RECIPE FOR  
**1–2 persons**



PREPARATION TIME  
10 – 15 MIN



BAKING TIME  
30 MIN

## INGREDIENTS

- 2** large aubergines (or many smaller ones)
- 1** garlic
- 1 tbsp** tahini
- 2 tbsp** natural yoghurt
- ½ tsp** cumin
- ½ tsp** chilli powder
- 1 tbsp** dukkah
- salt

## TO SERVE

with fresh pita bread,  
served warm - a classic.  
Or with toasted pita bread  
with a little olive oil.

## PREPARATION

**1**

Wrap the aubergines in aluminium foil and bake in the oven at 200 °C degrees until they are soft.

**2**

Scrape out the flesh and put it in the blender.

**3**

Add the tahini, garlic, yoghurt, cumin and chilli and blend until smooth.

**4**

Add salt to taste.

**5**

Serve with a some olive oil and sprinkle with dukkah (or roasted sesame seeds).