



Chickpea and yogurt dip

The ideal snack for in between meals: Our creamy chickpea and yoghurt dip is a dream made from protein-rich chickpeas, fresh yoghurt and fruity pomegranate balsamic. Try it now and enjoy the light cuisine!

Zutaten

4 Portionen

800 g Chickpeas from the tin
140 g Greek yogurt
3 EL Byodo extra virgin olive oil, from Greece
3 EL Byodo Pomegranate Balsam
1 TL Cumin, ground
1 Garlic clove
3 EL Water
Mint
Pomegranate seeds
Byodo sea salt
Pepper

Zubereitung

Rinse the chickpeas thoroughly and drain. Place the chickpeas, yoghurt, olive oil, vinegar, cumin and garlic in a blender and puree the ingredients until a smooth, creamy consistency is achieved. If the dip is still too thick, add more water if necessary to achieve the desired consistency.

Season the dip with salt and pepper, add a little cumin if necessary. Pour the spread into a serving bowl and garnish with fresh mint leaves and pomegranate seeds.

Spread with fresh vegetables or e.g. with the [Byodo Grissini](#) or [crispy wedges](#) serve.