



## Hummus and oat cakes

Hummus and oatcakes make a great snack that's very quick and is an easy on-the-go breakfast. Buy shop bought hummus from the supermarket, find it in the deli aisle next to the guacamole and the salsa or make your own if you feel inclined. Here is our homeade hummus recipe - [more here](#).

### Ingredients

- Hummus
- Oatcakes
- Bean sprouts or seeds



Recipe developed by Sharyn Singer

### Method



1. Spread hummus on oat cakes
2. Serve with bean sprouts or seeds for a filling breakfast or snack

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