**Broccoli Splats and Houmous**

**(serves 1)**

**Contains per serving** Vitamin K (mcg)        **49.25** Protein (g)                 **7.87**

Calories (kcal)           **315** Fat (g)                         **26.85**

**To make you will need** 1 Broccoli stem, sliced into splats

100g houmous (1/3 tub)

**Method**

* Slice the broccoli stem into splats
* Put 100g houmous in a ramekin
* Dip splats into the houmous and enjoy