



Hummus

Serving: 1

Veg

Ingredients

- Serve 1
- -3 tbsp chickpea (kabuli chana)
- -1 clove of garlic
- -Salt to taste
- -1 tbsp tahini paste
- -1 tsp olive oil
- - $\frac{1}{2}$ tsp lemon juice

Preparation Method

- 1. Soak the chickpeas overnight. Boil in water till soft. Cool and remove skin and put them in a mixer grinder.
- 2. Add garlic, salt and tahini, olive oil and lemon juice and continue to blend till absolutely smooth.
- 3. Chill in the refrigerator and serve with lavash or pita bread.