

### Ingredients:

- 1 can (400g) of chick peas (garbanzo beans)
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- Half a red pepper
- A pinch of cayenne pepper
- 1 clove of garlic A dash of olive oil

### Instructions:

1. Remove the skin from the garlic, and chop coarsel
2. Add all the ingredients into a food processor
3. Process all the ingredients into a paste If you want a coarse "chunky" hummus, process it for a short time
4. Remove the skin from the garlic, and chop coarsel
5. For a different flavor, you could try blending in a small measure of lemon and coriander, chili pepper, lime and chipotle, harissa and mint, or spinach and feta cheese.
6. Experiment and see what works for you. Storage Refrigerate the finished hummus in a sealed container.
7. You should be able to use it for about a week after you've made it.
8. You should be able to use it for about a week after you've made it. If it starts to become fizzy, you should definitely discard it.
9. If you want a smooth hummus, process it for a longer time