



A Recipe For Hummus

Ingredients

400g canned chickpeas

2 garlic cloves

66ml olive oil &

1.2 tb tahini paste

1 to ground cumin

40ml water

1. Place chickpeas, garlic, tahini, cumin & lemon juice in a blender
2. Gradually add olive oil, blend
3. Gradually add water, blend till smooth

Preparation Time 10 mins

Serves