**Hummus**

Prep time: 10 min Cook time: 0 min

**Ingredients:**

* 1½ cups cooked chickpeas (or canned, drained)
* 2 tbsp tahini
* 1 tbsp lemon juice
* 1 clove garlic
* Salt to taste
* 1 tbsp olive oil
* 2–3 tbsp water (to adjust texture)

**Instructions:**

1. Blend chickpeas, tahini, garlic, lemon juice, and salt until smooth.
2. Add water gradually to get creamy consistency.
3. Drizzle olive oil on top.

**Serving suggestion:** Use as a dip, sandwich spread, or salad topper.