



HUMMUS

SERVES 5 (AS A DIP)

ingredients

- 1 x 225g of tinned chickpeas – drained
- 3 tablespoons olive oil, or rapeseed oil
- 1 tablespoons of tahini (sesame paste)
- 2 tablespoons of water
- 2 cloves of garlic peeled and crushed
- Juice of 1 lemons
- Sea Salt
- Cayenne Pepper or Paprika (optional)

directions

- Place the chickpeas into a food processor with the tahini, lemon juice, garlic and a pinch of the salt and pepper.
- Add the water and blend.
- Add the oil and continue to blend, checking the texture.
- If the mixture is still too thick, add a little more water, the hummus should be a creamy texture.
- Adjust the seasoning if needs be and serve.