



Hummus

Hummus makes a tasty snack either as a dip or sandwich spread. You might also have seen it spelt hummus, houmus or hommos, which are all correct.

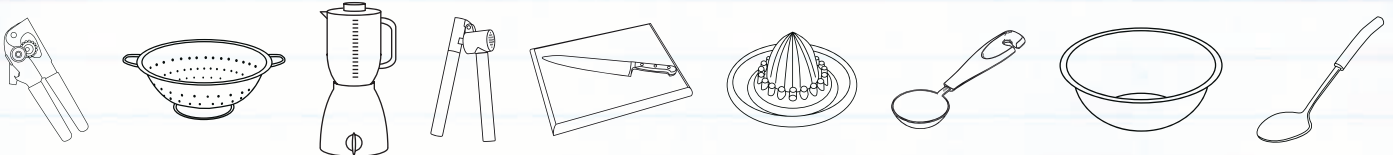


Ingredients

Serves 4

- 400g canned chickpeas
- 2 cloves of garlic
- 1 lemon
- 2 x 15ml spoons water
- 2 x 15ml spoons plain yogurt
- 2 x 15ml spoons tahini
- 2 x 15ml spoons extra virgin olive oil
- Pinch of black pepper

Equipment



Method

1. Drain the chickpeas in a colander and rinse with cold water.
2. Blend the chickpeas in the food processor or using a hand blender, until they are a chunky texture.
3. Peel and crush the garlic.
4. Squeeze the juice from the lemon.
5. Add the garlic, lemon juice, water, yogurt, tahini and oil to the processor and blend until it is smooth.
6. Season with black pepper to taste.
7. Serve with carrot sticks or warm pitta bread.

Top tips

- * If you are unable to find tahini sold in jars, this hummus recipe is just as tasty without it.
- * If you do not have a food processor you can mash the ingredients with a fork.

Something to try next time

- * Hummus makes a fantastic sandwich filler as well as a dip.
- * You don't have to limit yourself to bread, try it inside a wrap or bagel.

Skills

- Using a food processor. ☒
- Measuring. ☒
- Juicing. ☒



**PREPARE NOW,
EAT LATER**

Hummus can be stored in the fridge for up to 2 days.

