

How to make

Simple Hummus



Ingredients:



400g tin of chickpeas



1 small clove of garlic



1 tablespoon of tahini

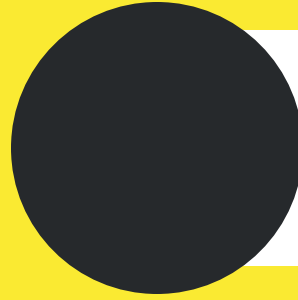


1 lemon



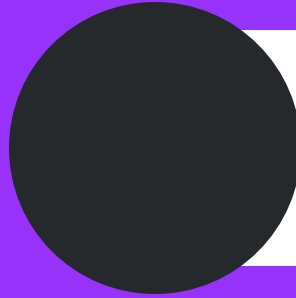
extra virgin olive oil

Step 1:
Chickpeas

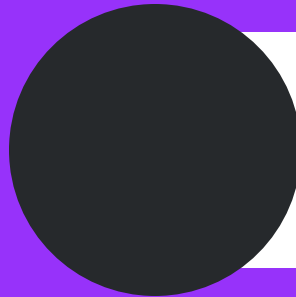


Drain and tip the chickpeas into a food processor

Step 2:
Garlic
Tahini
Lemon
Olive oil



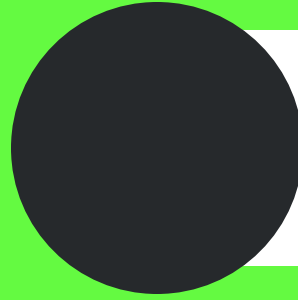
Peel the garlic and add to the food processor



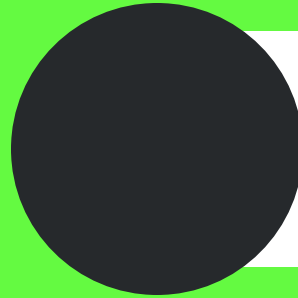
Add the tahini, a tablespoon of oil and a good squeeze of lemon juice

Step 3:

Season

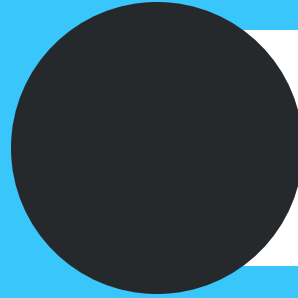


Add a pinch of salt then blitz all the ingredients together

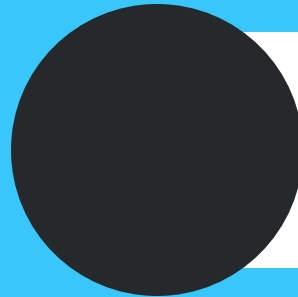


You can always add some other flavours at this stage - for example roasted red pepper, sun-dried tomatoes or beetroot.

Step 4: **Test**

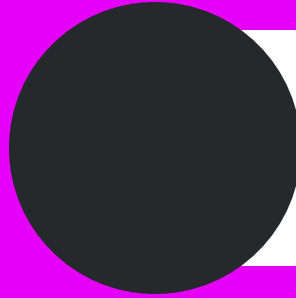


Have a little taste to check the consistency.

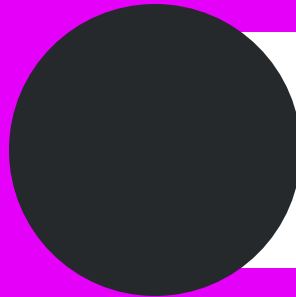


Add more lemon juice or water if you think it needs loosening.

Step 5: **Serve**



Serve the hummus in a bowl.



You could serve your hummus with slices of crunchy veg (carrots, pepper) or some flatbread