

Homemade Hummus

Ingredients

- 1 Tin of Chickpeas
- 20ml Lemon Juice
- 1 clove garlic, crushed / finely chopped
- Pinch of Ground Cumin
- 15ml Vegetable Oil
- Salt & Pepper

Method:

1. Drain the chickpeas and rinse well.
2. Place the chickpeas, lemon juice, garlic, cumin and vegetable oil into the bowl.
3. Blend to produce a soft consistency, you may need to add water.

Optional Crudités & Bread:

4. Cut the cucumber and carrots into batons.
5. Cut pitta breads into strips.

Enjoy as a healthy snack alternative or as a sandwich filling or meal accompaniment.