

Homemade Hummus

Ingredients

- 1 can (400g /14oz) chickpeas (retain the liquid from the can)
- 2 tbsp. lemon juice
- 1 tbsp. tahini
- 1 garlic clove, crushed
- 1/2 tsp salt
- 3 tbsp. extra virgin olive oil
- Optional: Spices such as pepper or paprika



Directions

Put all the ingredients except the olive oil in a blender and blitz until smooth. You may need to blend for a little, stop, stir, and blend some more. Drizzle in the oil a little at a time and continue to blend until it has all combined. If the hummus seems to be too thick add a little of the retained chickpea liquid from the can. Taste the hummus. If it needs more flavor, add additional salt, garlic or lemon accordingly (do only a little at a time). Serve with cut up veggies such as bell peppers, carrots, cucumber, celery or sugar snap peas.

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