



Hummus



Makes

1



Prep Time

10 mins



Cook Time

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This is my Dad's recipe and we love it! Serve with any number of meals, or as a starter with flat bread, Turkish bread or veggie sticks. Play with the ingredients to make it how you like it - you can't really get it wrong!

Ingredients

**1 400gm can chickpeas
drained and liquid
reserved**

**2 (or more!) cloves of
garlic, peeled and
crushed.**

1/2 cup of tahini paste

**1 - 2 tablespoons lemon
juice**

Olive oil, optional

Method

1. Blend the chickpeas, garlic, tahini and lemon juice in a food processor until completely smooth.
2. Add enough of the reserved chickpea liquid and / or olive oil to achieve the consistency and flavour you like. This might take a little experimenting and taste testing! you might want to even add a little more lemon juice.
3. Remove to a bowl and cover. Keep in the fridge. Top with a sprinkle of paprika and a drizzle of olive oil, if you like, to serve.

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