

Lemon & Garlic Hummus

Ingredients

- 2 cups chickpeas (garbanzo beans), liquid reserved
- 1/2 cup tahini (sesame paste) - optional
- 1/4 cup Papa Vince extra virgin olive oil, plus oil for drizzling
- 4 cloves of garlic, peeled & chopped or minced
- Salt & freshly ground black pepper to taste
- 1 teaspoon ground cumin, to taste
- Juice of 1 lemon, plus more as needed
- Chopped fresh parsley leaves for garnish

Preparation

1. Put everything in the blender or food processor except the parsley & begin to process. Add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.
2. Taste and adjust the seasoning (you may want to add more lemon juice).
3. Serve, drizzled with the olive oil and sprinkled with a little more cumin or paprika and some parsley.
4. Serve with crackers or a selection of raw vegetables.