

## Hummus (8 minutes)

Best made with a food processor or food blitzer such as a magic-bullet. Quick and easy recipe whereby placing all ingredients in the processor, blitz till blended, then refrigerate, serve. This will keep well 2-3 days, if you can resist eating it all on the day you make it 😊

Can serve plain, or with a sprinkle of olive oil & paprika. Eaten with pitta bread, spread on toast, with corn chips or crackers, as a condiment with rice, or with other finger foods.

### Ingredients:

1 tin of Chickpeas, drained and rinsed with fresh cold water.

Tahini paste, 1 large tablespoon

Olive oil, 1 desert spoon

Fresh Garlic, 1-2 cloves (*depending on how much you like garlic*)

Lime or lemon juice, 1-2 limes (*depending on how much you like it*)

Salt, 1 good teaspoon (*can be left out if you wish to restrict salt*)

Optional - Water, 2 desert spoons (*I add this as it helps blend*)

