

PERFECT HUMMUS

Servings: 6

Prep Time: 5min

Cook Time: 0



Ingredients

- 2 tins chickpeas, rinsed and drained
- 6 tablespoons tahini paste
- 5 tablespoons olive oil
- 2 cloves garlic
- 1 tablespoons cumin
- 6 tablespoons lemon juice
- 5 tablespoons water
- 1/2 teaspoon salt
- black pepper, to taste

Directions

1. Place all the ingredients in a blender and blend until smooth and creamy. Add a little more water if necessary.
2. To serve, drizzle with a little olive oil and sprinkle with chopped herbs and red chilli (totally optional!!) and an assortment of crackers or crudites (veggie sticks)