



## Hummus

### Ingredients

- 1 (400g) can chickpeas, drained and rinsed
- 2 to 4 tbsp. water
- 2 tbsp. extra virgin olive oil
- 1 tbsp. lemon juice
- 1 crushed garlic clove



### Instructions

- 1) Open the tin of chickpeas, drain and rinse (don't forget to keep the aquafaba as you can use it in place of an egg in vegan baking)
- 2) For a smoother Hummus put the chickpeas in a large bowl and cover with water. Agitate the chickpeas gently with your hands so the skins come off. Remove the skins and drain the chickpeas.
- 3) Add the chickpeas to a medium bowl or a food processor
- 4) Add olive oil, lemon juice and garlic.
- 5) Process/blend to a smooth and creamy paste.
- 6) If needed, add a small amount of additional water or lemon juice to thin out the hummus and salt to your taste preference.
- 7) Add cumin, tahini, paprika or sweet chilli sauce to change the flavour.
- 8) Store covered in the refrigerator.

NB don't put too much garlic in as it can be quite strong tasting. If you like a rougher texture don't skin the chickpeas and use the aquafaba instead of water if you like a thick hummus.