

Hummus



Serves: 4 

Equipment: 

Chopping board,
knife,
food processor or hand
blender, tablespoon

Ingredients:



- 2 cloves of garlic, diced
- 1 tin of chickpeas in water
- 2 tbsp. olive oil
- 4 tbsp. tahini
- 1 lemon

Method: 

1. Drain and rinse the chickpeas and place in a food processor or large bowl.
2. Add the tahini, diced garlic and the juice of 1 lemon.
3. Puree the mixture in a food processor or using a hand blender. Add the olive oil a little at a time.
4. Serve in a bowl with a sprinkle of paprika.