

Hummus

ingredients

1 can of chickpeas

1 tsp garlic paste

1 lemon

1/2 tsp cumin

1 tbsp olive oil

salt & pepper

1/2 wholemeal pitta per person

Carrot / Cucumber / Pepper to serve

method

1. Drain chickpeas and add to bowl.

2. Add garlic, lemon juice, 1 tbsp of olive oil and pinch salt.

3. Blend in bowl. Add more lemon juice or water if too thick.

4. Serve with sliced crunchy veg and whole meal pitta

equipment

Knife & chopping board

Hand blender

Mixing bowl

Tablespoon and teaspoon

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