



Recipe of the week

Hummus

Ingredients

- 1 can chickpeas –drained and rinsed
- 1 dessert spoon light Tahini –sesame seed paste
- 2 cloves crushed garlic
- boiling water
- 1 tablespoon olive oil
- lemon juice
- black pepper

Step 1

Blend the chickpeas, garlic & tahini in a food processor or with a stick blender, to rough paste

Step 2

Add a splash of boiling water and blend, now add water in small amounts until the mixture is smooth but stiff.!

Step 3

Blend in the oil and lemon juice. Season with black pepper.