



Hummus

(Serves 3. Prep Time: 5mins)

Ingredients

500g boiled Chickpeas

50ml olive oil

2 tbsp tahini (sesame seed paste; optional)

$\frac{3}{4}$ tsp salt

1 clove garlic

2 tbsp fresh lemon juice

1 tsp ground cumin

$\frac{1}{4}$ tsp paprika

Directions

Step 1. In a food processor, puree the chickpeas and garlic with 30ml olive oil, lemon juice, tahini (if using), cumin, and salt until smooth and creamy.

Step 2. Add 1 to 2 tablespoons water as necessary to achieve the desired consistency.

Step 3. Transfer to a bowl. Drizzle with olive oil and sprinkle with the paprika before serving

Enjoy with DIP Pita Chips, Masala Sticks or Multigrain Strips

