DIY Hummus

Ingredients

- 1 garlic clove roughly chopped
- Juice from 1 lemon
- ¼ cup tahini paste
- 1 can chick peas, drained and rinsed in water
- 2 tbsp olive oil
- ½ teaspoon cumin
- ½ teaspoon paprika
- ½ teaspoon salt
- 2-3 teaspoons water (enough until desired consistency is reached)

Making it

1. Add garlic, lemon juice, tahini, cumin, paprika, salt and ½ the can of chickpeas to the blender. Blend for 10 – 15 seconds.
2. Add the remaining ½ can of chickpeas and the oil and blend again.
3. If the mixture is still too thick, add some water until it reached the desired consistency.
4. Taste for seasoning. Refrigerate and serve with veggies or crackers.

NUTRITION FACTS
Servings: 6

PER SERVING
Calories (kcal): 140
Fat (g): 8.8
Carbohydrate (g): 12
Fibre (g): 3.2
Protein (g): 5

TIPS & HINTS
To make a different flavour of hummus, add one whole roasted red pepper when you are adding the second half of the can of chickpeas