

# Hummus – recipe 1

*A perfect snack with carrot, celery and cucumber sticks. Good for sandwiches or on crackers too.*

## Equipment:

Blender or Food Processor

## Ingredients:

1 tin chickpeas\*  
3 cloves garlic  
1 tbsp tahini  
2 tbsp olive oil  
Juice of ½ lemon  
1 tsp chopped parsley  
¼ tsp salt  
3 tbsp water



Serves: 4 -6

Prep time: 5 minutes

*Top Tips: \*Remember to soak the chickpeas the night before if using dry beans*

## Method:

1. Add all ingredients to the blender and mix
2. Season to taste

*Top Tips: You can get very adventurous with hummus and try all kinds of variations such as adding beetroot, roasted onions or spices.*