

DELICIOUS & NUTRITIOUS

Hummus

YOU WILL NEED

400g chickpeas (1 tin)
1 clove garlic, crushed
1/4 cup lemon juice
1/4 cup water
1/4 cup tahini
1 tbsp olive oil
1/2 tsp ground cumin
sea salt to taste

PROCEDURE

- Drain & rinse chickpeas.
- Add all ingredients to a food processor & puree.
- Add more water if you prefer a thinner consistency.
- Garnish: Olive oil, paprika, sunflower seeds, edible flowers.



HEALTH TIPS

Chickpeas are a good source of protein and fibre. They also contain iron, vitamin B6, and magnesium.