

Hummus

-  half a can of  chickpeas

- **2**  2 tbsp  lemon juice

- **2**  2 garlic cloves

-  1 teaspoon  cumin

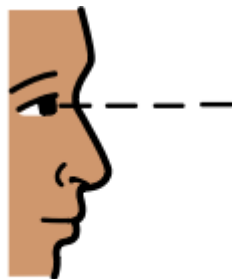
-  1 teaspoon  paprika

- **100**  100 ml  tahini

- **4**  4 tbsp  water



smell



look



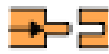
taste



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- Drain the chickpeas and rinse



- Combine the chickpeas, lemon juice, garlic, cumin,



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tahini and water



- Pour into a blender



- Blend to a creamy paste



- Pour into a bowl



- Sprinkle with a little paprika



- Serve with Veg sticks/bread sticks