

## **Hummus**

Serves 8, Prep and Cook 5 minutes

### Ingredients:

- 2 x 400g cans of chickpeas, drained
- 1 tablespoon tahini
- 2 garlic cloves, crushed
- ½ teaspoon salt
- 4 tablespoon extra-virgin olive oil
- 4 tablespoon freshly squeezed lemon juice
- 3 tablespoon water
- 1 teaspoon ground cumin

### Method:

1. Rinse the chickpeas in cold water and tip into the food processor.
2. Add the tahini, garlic, salt, lemon juice, oil, cumin and water.
3. Process the mixture until it is fully combined and a smooth consistency.
4. Tip the hummus into a bowl or container and refrigerate until ready to serve or be added to the lunchbox.
5. Serve with raw vegetable sticks.