

HUMMUS

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2 Cups Chickpeas – soak over night
½ Tub Tahina
4 Cloves Garlic (fresh)
1 Cup Olive Oil
Lemon Juice (to taste)
1 tsp Salt
1 Cup Water (add more if thick)



Boil chickpeas until they become soft, strain off water and place in blender. Blend until required consistency and then add all other ingredients and blend again. Add more water if the consistency is too thick.