

HOMEMADE

HUMMUS

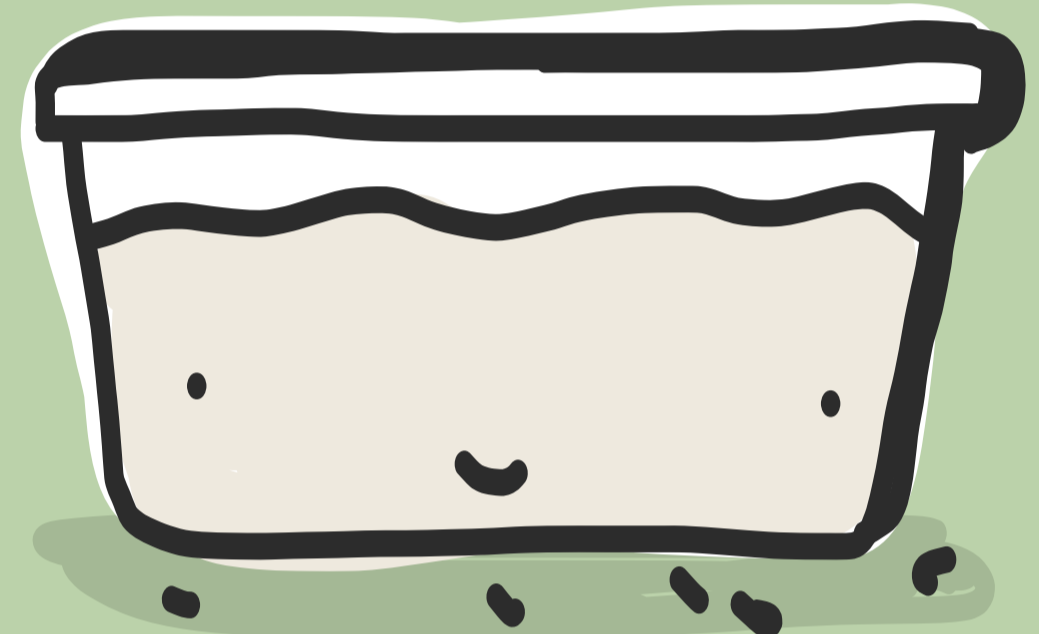
RECIPE

if using **DRIED CHICKPEAS...**

- soak chickpeas overnight for 12 hours
- Drain, add to pan, cover with cold water and bring to a boil
- simmer for 3 hours or until very soft
- Drain the chickpeas

INGREDIENTS

- 125g Dried chickpeas (or 400g tin of chickpeas)
- 2 tablespoon Tahini
- 1 crushed Garlic clove
- Juice of 1 Lemon
- Salt to taste
- Olive Oil



1

Mix Tahini and lemon juice in a **BLENDER** until smooth

2

Add cooked chickpeas in batches and blend!



3

Add garlic, salt, a drizzle of olive oil and blend some more

4

Add reserved water gradually until you get the desired smooth consistency

5

Serve with a drizzle of **OLIVE OIL** and your favourite dipper of choice!



ENJOY!

4

have you made this recipe?

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