

# Hummus

Serves 5 people

## Ingredients

- ◆ 2 tins of chickpeas
- ◆ 3 cloves of garlic
- ◆ 5 tbsp of extra virgin olive oil
- ◆ 3 tbsp tahina sauce
- ◆ 4 tbsp of lime juice (freshly squeezed)



## Instructions

1. Open and drain the chickpeas.
2. Peel and crush the garlic cloves.
3. Place the chickpeas into a food processor.
4. Add the lime juice, olive oil and crushed garlic and blend for 10 minutes.
5. Add the Tahina sauce into the blender and blend for further 5 minutes.
6. Use a food processor, if you prefer fine hummus.
7. To add additional flavours, add either mint or parsley to the mixture and blend for few minutes further.
8. Serve with carrots, cucumber, celery or bread sticks.

**Enjoy!**

These recipes have been developed by ladies in the community, sharing their skills, promoting healthy eating. For more recipes visit [www.dostigroup.co.uk](http://www.dostigroup.co.uk)