

# Humous

Super easy to make, and so delicious. Can be an addition to loads of meals, or a tasty snack with veggie sticks and pitta breads.



## Ingredients

- 400g can chickpeas, drained
- 2-3 tbsp olive oil
- 1 clove garlic, peeled and crushed
- 1 lemon, juiced then  $\frac{1}{2}$  zested (if you like it lemon-y!)
- 1 tbsp tahini - optional

## Method

1. Rinse the chickpeas in a colander and tip into the large bowl of a food processor along with the oil and blitz until almost smooth.
2. Add the garlic, lemon and tahini along with about 30ml water. Blitz again for about 5 mins, or until the hummus is smooth and silky.
3. Add 20ml more water, a little at a time, if it looks too thick.
4. Season and transfer to a bowl. Swirl the top of the hummus with the back of a dessert spoon and drizzle over the remaining oil.
5. If you don't have a blender, you can use a masher or even a fork and just have a slightly chunkier version!