

Happy Hummus

Serves: 6

Prep time: 10 minutes

Cook time: 0 minutes

 $\frac{3}{4}$ serve per portion

Ingredients

400g can chickpeas, drained

$\frac{1}{2}$ lemon, juiced

1 small garlic clove

2 tablespoons olive oil

$\frac{1}{2}$ teaspoon ground cumin

1 tablespoon tahini



Everyday Food

Method

PLACE chickpeas, lemon juice, garlic, olive oil, cumin and tahini into a food processor and blend until smooth.

SERVE with your choice of veggie sticks and wholegrain crackers or use as a healthy spread in sandwiches.

Recipe courtesy of the Country Kitchens team