



# HUMMUS

**MAKES: APPROXIMATELY 2 CUPS.**

Serve this fresh and tasty dip with crunchy vegetables such as cucumbers, carrots and capsicum – the more colourful the better. For an easy summer lunch or dinner, spread hummus on sandwiches or rolls, and top with sliced capsicum or tomato. So good!

## INGREDIENTS

- ☐ 2 x 400g tins of chickpeas (no added salt), drained, liquid reserved
- ☐ 1 tsp ground cumin
- ☐ ¼ cup olive oil
- ☐ 2 garlic cloves, peeled and finely chopped
- ☐ juice of a lemon

## EQUIPMENT

- ☐ measuring cup and spoon
- ☐ chopping board
- ☐ colander
- ☐ jug
- ☐ 1 small knife
- ☐ citrus juicer
- ☐ food processor

## WHAT TO DO

1. Add the drained chickpeas and cumin to the food processor.
2. Process for 30 seconds, then add the olive oil, garlic and lemon juice.
3. Add a little of the reserved chickpea liquid and blend again to make a soft purée.
4. Season to taste (optional).
5. Serve with fresh, colourful veggies.