

HUMMUS

Serving Size: 6

INGREDIENTS:

- chick peas 15 oz
- water 2 tbsp
- olive oil 2 tbsp
- tahini paste 1 1/2 tsp
- lemon juice 2-3 tsp
- lemon zest 1 tsp
- minced garlic 3/4 tsp
- cumin 1/2 tsp
- salt
- pepper

EQUIPMENT:

- food processor



METHOD:

1. Process all ingredients in a food processor until smooth, making sure to scrape down sides of the bowl as you go.
2. Taste and adjust seasoning accordingly
3. Wrap and store in fridge until ready to serve

ENJOY 😊