

* RECIPE *

HUMMOUS

* INGREDIENTS

1 TIN OF CHICK PEAS

1 TABLESPOON OF TAHINI

SQUEEZE 1 FRESH LEMON JUICE

OLIVE OIL - AS MUCH AS REQUIRED TO GET THE SMOOTHNESS YOU REQUIRE.

NOTES :

YOU CAN SUBSTITUTE SOME OF THE OIL WITH PLANT BASED YOGHURT OR COOL WATER.

ADD YOUR OWN FLAVOURS E.G. CARAMELISED ONIONS, ROASTED PEPPERS ETC.