

HOMEMADE HUMMUS

RECIPE BY CLEAN PLATE



INGREDIENTS

2	cups	Cooked chickpeas, drained (or 1 x 400 g can chickpeas)
2	each	Garlic cloves, crushed
1	each	Lemon, juice only
1	tsp	Ground cumin (optional)
1	tsp	Salt*
		Water (or reserved cooking liquid)
1 ½	Tbsp	Olive oil



*omit salt if making for children under 1 year old.

METHOD

1. Place all ingredients in a food processor, blender or stick blender bowl. Add 1 Tbsp water (or reserved drained liquid). Blend.
2. Check seasoning and consistency – adding a little more water if too dry (1 Tbsp at a time). Scrape any unblended bits from side of the bowl back into main mixture, and blend again, until smooth and creamy.
3. Serve!
4. Alternatively, Hummus can be stored in the fridge for up to 4 days.

