



# H O U M O U S



## INGREDIENTS

- 400g cooked chickpeas
- 2 tablespoons tahini
- Juice of 1 lemon
- 1 garlic clove, minced
- 4 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 2-3 tablespoons water

## EQUIPMENT

- Measuring spoons
- Food processor
- Spatula
- Serving dishes

## INSTRUCTIONS

1. Combine the tahini and lemon juice in the food processor and blend for 1 minute. Scrape the sides and bottom of the bowl then process for 30 seconds more.
2. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the blended tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.
3. Add the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then continue to process until thick and quite smooth; 1 to 2 minutes.
4. If houmous is too thick, slowly add 2 to 3 tablespoons of water while the food processor is running until you reach the perfect consistency.

