

# **Hummus**

**Makes 350g**  
**Hands-on Time 10 minutes**

## **Ingredients**

- 1 x 400g tin chickpeas
- ½ tsp salt
- 1 tsp cumin seeds
- 1 garlic clove (peeled)
- 100ml olive oil

## **Equipment**

- Food processor
- Spatula

## **Method**

- Drain and rinse the chickpeas thoroughly, shaking off excess water.
- Add the chickpeas, salt, cumin seeds, and garlic to the food processor. Blend for 60 seconds until chunky.
- While blending, slowly pour in the olive oil. Continue blending for another 60 seconds until smooth.
- Taste and adjust seasoning if needed.
- Transfer to a sealable container and store in the fridge.

Enjoy!