

## **Hummous**

### **Ingredients:**

210g can chickpeas, no added salt or sugar, drained

4 tsps lemon juice

2 cloves garlic, crushed

1 tsp ground cumin

4 tbsps water

2 tbsps olive oil

### **Method:**

Put all the ingredients in a blend and mix until smooth. Add more oil or water to give a softer consistency if needed. Season with extra lemon juice.