



Hummus Dip

INGREDIENTS

- 250g tinned chickpeas, drained
- 1/2 cup lemon juice, plus more to taste
- 1/2 cup Tahini
- 4 tbsp olive oil
- 1 garlic clove, minced
- 1/2 tbsp salt
- 2 tsp turmeric ground
- 1 tsp cumin round
- 1 cup water



Serves: 6



Prep Time: 15 min



Cooking Time: 0 min

METHOD

1. In a food processor or blender, combine the chickpeas, the lemon juice, the tahini paste, the olive oil, the minced garlic, the salt, the turmeric and the cumin.
2. Process until a creamy paste forms.
3. Gradually add water to loosen the texture. You might not need to add the whole amount of water.
4. Taste and rectify the flavor as needed by adding more lemon juice and/or salt.



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