



Classic Hummus

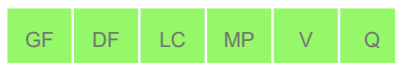
Serves 6

14 oz. (400g) can chickpeas,
drained
1 clove garlic
1 tbsp. tahini
½ tsp. cumin
juice of ½ lemon
2 tbsp. olive oil
1 tsp. salt
pinch of black pepper

What you need to do

Add all the ingredients into a food processor along with 1 teaspoon of salt and a pinch of black pepper. Blend until smooth, adding more olive oil if required to reach desired consistency.

Taste and adjust the seasoning as preferred. Transfer the hummus into a bowl/airtight container and serve chilled.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 min	100	7	6	3

*Nutrition per serve

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