

HUMMUS



Prep time: 5 minutes

No cooking required

Ingredients

- 2 x 400g cans of chickpeas, drained
- 1 tablespoon tahini
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 4 tablespoons olive oil
- 4 tablespoons lemon juice
- 3 tablespoons water
- 1 teaspoon ground cumin

Lunchbox tip: Add hummus to the lunchbox with raw vegetable sticks or wholegrain crackers.

Method

1. Rinse the chickpeas in cold water and tip into the food processor.
2. Add the tahini, garlic, salt, lemon juice, oil, cumin and water.
3. Process the mixture until it is fully combined and a smooth consistency.
4. Tip the hummus into a bowl or container and refrigerate until ready to serve or be added to the lunchbox.

