

# Hummus dip



*Makes at least 2 cups of dip*

## Ingredients

- 1 x 400g can tinned chick peas
- 2 tbsp olive oil, plus 1 tsp extra to serve
- 2 tbsp tahini paste
- 3 tbsp lemon juice
- ¼ cup chickpea liquid
- 1 garlic clove, crushed
- ½ tsp salt
- ½ tsp ground cumin
- ¼ tsp paprika, plus ¼ tsp extra to serve

## Equipment Needed

- Small food processor
- Sieve
- Bowl
- Spatula
- Garlic crusher
- Measuring spoons and cups
- Bowl to serve

## Notes:

- ✓ Great with pita bread or crisps, or veggie sticks for dipping.
- ✓ At school we used hummus to top our baked potatoes, along with some toasted sunflower seeds, coleslaw, sautéed asparagus, grated cheese, and chives – yum!

## Method

- Drain tin of chickpeas through sieve into a bowl, reserving the liquid.
- Place chickpeas, ¼ cup chickpea liquid, tahini, lemon juice, garlic, cumin, paprika, and salt in food processor. Blend until smooth.
- Scrape down sides with a spatula, then add olive oil and blend again to combine.
- Taste to check seasoning, adjust as needed.
- Place into serving bowl, drizzle top with 1 tsp olive oil and sprinkle ¼ tsp paprika to serve.

Don't forget to clean up! 😊