



Home Made Hummus

Ingredients

- 1 and a half cups of cooked or canned chick peas
- 1/4 cup tahini
- 1/4 cup lemon juice
- 2 garlic cloves
- 4 tablespoons extra virgin olive oil
- 1/2 teaspoon garam masala
- Pinch of salt
- 2-3 tablespoons of water
- Dash of ground paprika
- 100 grams of cooked chick peas (optional)



Method

- Blend the tahini and the lemon juice
- Scrape the mixture off the sides of the blender and blend again
- Add crushed garlic, salt, garam masala and half of the olive oil and blend.
- Slowly add the 250grams of chick peas, adding water as you go to keep the consistency thin enough to blend
- Using the other half of the olive oil, fry the 100grams of chick peas and sprinkle with paprika.
- Sprinkle half of the fried chick peas on the top of the humus and chop the remaining chick peas and sprinkle on top.
- Sprinkle the remaining paprika on the top and serve.

Details

- Prep time: 20 minutes
- Cooking time: none
- Serves 4
- Per serving:
- Calories 323
- Carbs 17 grams
- Fat 24 grams
- Protein 8 grams