

hummus dip

Another easy dip to add some protein and excitement to your veggie sticks. For a Summery take on this recipe, pop in some fresh mint, which would also help to counter the dreaded garlic breath!

Ingredients

- 600g chickpeas (canned is fine if you are short on time, however, if you are leisurely swanning in the kitchen, take the time to soak and cook the chickpeas yourself)
- Garlic cloves (the amount you add will depend greatly on how comfortable you are with garlic breath. Start with one and add more if you are brave!)
- Olive oil
- 2 tbs tahini (you will find this in the health food section of the supermarket)
- 1 tsp ground cumin
- Juice of 1 lemon
- Pinch of salt

Method

1. Pop everything in a blender, and whizz until smooth. Add a dash of water until you reach the consistency of a paste.