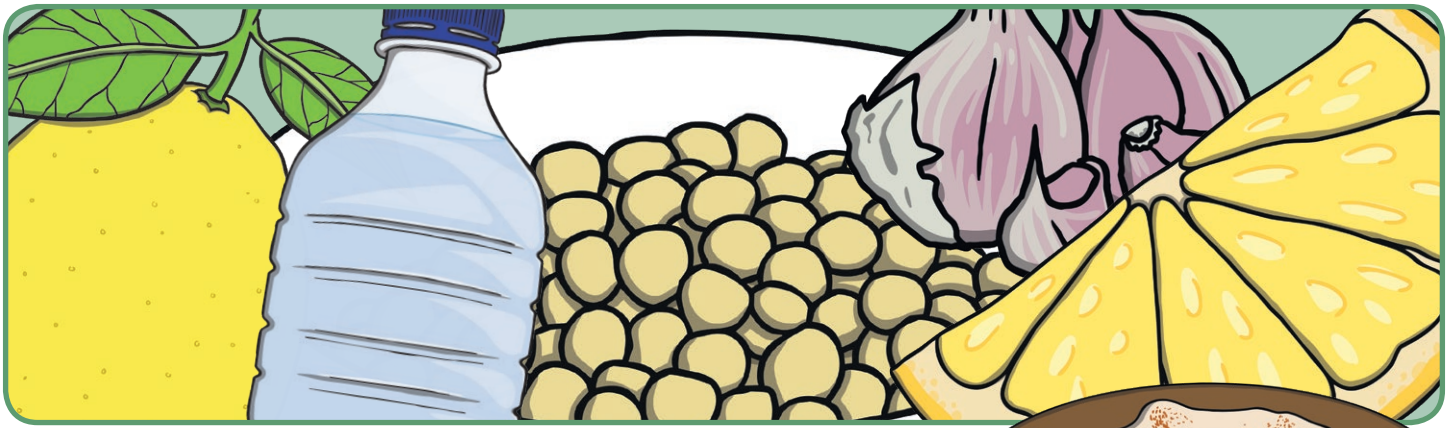


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Hummus Dip Recipe

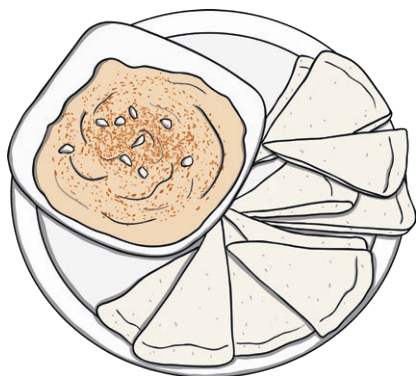


Ingredients

- 1 × 400g can chickpeas
- 1 lemon
- 1 clove of garlic
- 3 × 15ml spoons tahini (a Middle Eastern paste or spread made from ground sesame seeds)
- 3–4 × 15ml spoons of water

Method

1. Drain the chickpeas and place into the blender.
2. Squeeze the lemon and add the juice to the blender.
3. Crush the garlic and add to the blender with the tahini.
4. With help from an adult, place the lid on the blender and switch it on for 15–20 seconds.
5. Turn the blender off. Use a spatula to move the chickpeas away from the edge of the blender. Add 1×15ml spoon of water.
6. Place the lid on the blender and switch on for 15-20 seconds.
7. Repeat stages 5–6 until a smooth paste is produced.
8. Serve.



Dipper suggestions: Serve with slices of wholemeal pitta bread or carrot sticks.

Ideas: Swap the lemon for a lime. Add more garlic for extra punch! Add fresh or dried chilli for a kick. Add fresh herbs, e.g. coriander, parsley or basil.