



# Hummus



what



ingredients



how much



tinned chickpeas

2



2

tins



chopped



garlic

2 cloves



Lemon



1 tablespoon



cumin



half



teaspoon



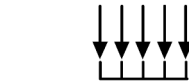
paprika,



pepper



pinch



of each



water



quarter



cup



olive oil

2



2 tablespoons



## Method

1



put



chickpeas,



garlic,



lemon,



cumin,



paprika

and



water



in



Blender

2



blend

until

smooth



3

+



add

pepper

and



olive oil

4



enjoy



hummus



with



crackers

or



carrot sticks