



HUMMUS

Recipe Collection by **Lorraine Fitzmaurice**

1 tin of chickpeas,
1 clove of garlic,
1 heaped teaspoon of tahini
salt
lemon juice

Method

1. Drain the chickpeas.
2. Place the chickpeas in a food processor or the jug of a hand blender.
3. Peel the garlic and chop fine.
4. Add it to the chickpeas along with the tahini, a pinch of salt and a squeeze of lemon juice.
5. Add 3 tablespoons of water and blend.

Also delicious made with butter beans.

The Blazing Salads Food Company, 42 Drury Street, Dublin 2

Tel: 01 6719552

Email: info@blazingsalads.com

Web: www.blazingsalads.com

Manager: Lorraine Fitzmaurice