**Hummus**

Hummus serves as an excellent snack or a great accompaniment to a salad at lunchtime or dinner

Serves 4

**Ingredients**

200g dried chickpeas, cooked or 400g cooked chickpeas

Juice of half a lemon

1 large garlic clove

1 tbsp. tahini

75ml extra virgin olive oil

1 tsp sea salt to taste

**Instructions**

Blend all the ingredients in a high-speed blender (e.g. NutriBullet) until smooth and creamy. If you want a smoother consistency, add an extra drizzle of olive oil or a splash of water. Taste and adjust seasoning if required.