Making your own hummus is inexpensive and nutritious with the added advantage of not buying plastic containers.

If you want to create different flavours try adding one of these: beetroot, basil, coriander, sundried tomatoes or cumin for example.

Classic Hummus

Makes 300G

1x 400g tin chickpeas

2 small garlic cloves

2 tbsp tahini

 ¾ tsp salt

4tbsp water

2 ½ tbsp lemon juice

2 tbsp olive oil

Drain the chickpeas. Peel the garlic. Put all the ingredients into the food processor. Whizz to a smooth paste and serve.

“Simple, tasty and universally loved, the wonderful hummus is a must in any discerning cook’s repertoire.”

 Recipe is taken from BOSH! By Henry Firth and Ian Theasby

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