

# HUMMUS



Healthylicious

## INGREDIENTS

- 1 can chickpeas, drained and rinsed
- Juice of 1 lemon
- 1 large garlic clove, roughly chopped
- ½ tsp. salt
- **4 tbsp. Pip&Nut peanut butter**
- ½ tsp. cumin
- **1-2 tbsp. Olitalia olive oil**
- 2-4 tbsp. cold water
- Drizzle of olive oil, sprinkle of paprika, chopped fresh parsley or mint



## METHOD

- 1** Combine all the ingredients, except the oil and water, in a food processor or blender and process until the mixture is smooth and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor as necessary.
- 2** While running the food processor / blender, drizzle in the oil and water.
- 3** Transfer to a bowl and finish off the hummus with a drizzle of olive oil, some paprika and fresh parsley.

