



HUMMUS

Prep: 5 mins – Makes 1 bowl – Easy

1 can chickpeas (240g drained weight)
1 garlic clove, chopped
3 tbsp tahini paste
3 tbsp yoghurt
juice of 1 lemon
¼ tsp salt
black pepper
2 tbsp olive oil plus a bit for drizzling
smoked paprika to sprinkle

Put all the ingredients, except for the smoked paprika, into a blender and pulse until smooth. Put into a bowl, drizzle with a glug of olive oil and sprinkle with some smoked paprika.

Serve with crackers or vegetable sticks.

TIP: There are endless variations for hummus. My favourites are:

- Pesto hummus: add a couple of tablespoons of pesto and blend
- Olive hummus: add a handful of black olives and blend
- Cumin hummus: dry-roast a tablespoon of cumin in a frying pan, add to the basic hummus and blend