

Homemade Hummus Dip



TIME TO
PREPARE

10
minutes



COOK
TIME

0
minutes



SERVING

4 Serves



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

- 1 tin chickpeas 400g
(drained, but reserve the liquid)
- 3 cloves garlic
- 1/3 cup tahini spread
- 1/4 cup lemon juice or
Juice of 1 lemon
- 2 tbsp olive oil
- Rock salt (to taste)
- 1 tbsp parsley to garnish

Method

01. Combine all ingredients in food processor and blend until smooth and creamy.
02. Add enough chickpea liquid from the tin to achieve your desired consistency.
03. Serve in a bowl or dish and sprinkle with the tablespoon of chopped parsley then drizzle with extra olive oil (if desired).
04. ENJOY!

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