

Houmous



1 pack/ tin chickpeas

2 Garlic cloves

Lemon juice from half a lemon

3 tbsp Tahini

60ml Aquafaba (saved from chickpeas) or 2 tbsp Extra Virgin Olive oil + 2 tbsp water

1/2 tsp paprika

1/2 tsp Turmeric

Pinch Himalayan Salt

Blend all ingredients together. If too thick, just add more water until it reaches the desired consistency.

To serve drizzle over extra virgin olive oil and sprinkle some paprika (optional)

Store in a glass jar in the fridge.

I add different ingredients to include extra flavour and nutritional properties e.g. Spinach, Pak choi, brussel sprout tops, Sun dried tomatoes, chili (can be fresh or dried), roasted bell pepper.

You can experiment with different herbs & spices eg. chili powder, cayenne pepper, za'tar, cumin