

# HOME-MADE HOMMUS

MAKE YOUR OWN IN 15 MINUTES!



Add to a food processor:

- 1 can chick peas (400grams)
- 3 tab of tahini,
- 1 tab olive oil
- 1 small lime or lemon squeezed
- 1 clove garlic
- 2 teaspoons of cumin powder

**Tip!**

*Keep the liquid from the can of chick peas in case your hommus needs more moisture!*



Wiz together on a high speed until smooth.



Refrigerate in a glass jar or pop into a dipping container and enjoy straight away.