

Hummus

400g can Chick Peas
2 cloves of Garlic (2 teaspoons)
2 Tbsp Olive Oil
Juice of ½ lemon
1 tbsp Tahini (sesame paste)
Salt & pepper to taste

Put all the ingredients into a blender and mix until smooth. Eat with raw veg cut into strips, or spread like a pate on crackers.