**Hummus**

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**Ingredients**

125 ml canned chick peas, drained

80 ml tahini

60 ml lemon juice

1 clove mashed garlic

2 ml salt

½ -1 ml cumin oil

**Method**

1. Place thick peas, tahini, lemon juice, garlic, salt, and cumin in food processor. Mix until smooth.
2. The humus may be a bit thick, so thin it out by adding a bit of oil or liquid from the can of chick peas.
3. Refrigerate.