

# Mrs Marsland's Quick Hummus

## You will need:

200 g can of chickpeas  
2 tbsps. lemon juice  
2 garlic cloves (crushed)  
1 tspn cumin  
Pinch salt  
1 tbsp. tahini paste (sesame seed paste)  
4 tbsp. water (or chickpea juice)



## To serve/decorate:

2 tbsp extra virgin olive oil  
1 tsp paprika  
Sour dough, pitta or other bread

## Method:

1. Drain the chickpeas and save the juice. Put a few chickpeas to one side for serving.
2. Combine chickpeas, tahini paste, lemon juice, garlic, cumin, salt and juice in a food processor and blend to a creamy puree.
3. Place on a serving plate or container and smooth with the back of a spoon.
4. Drizzle with olive oil, scatter with reserved chickpeas and sprinkle with paprika.
5. Serve with warm or toasted bread.