

# Hummus (RJ)



## At a glance

- Ease of preparation: Quick and simple; blender needed (which is fun!)
- Cost: Relatively inexpensive, especially compared to shop bought hummus.
- Taste: Delectable! I love it!

## Fresh, creamy and versatile!

Homemade hummus really is a thing of beauty! If you have never made it yourself, I urge you to give it a go. I like shop-bought hummus, but this tastes so much fresher and it is easy to add extras for different flavours (such as chilli or roasted peppers – just blend them up with it). It is also far cheaper, which is always a bonus! It really is simple to make too – the only thing that is a bit arduous is cleaning the blender at the end. The chickpeas are essential, but tailor the rest of the ingredients to suit your taste; add extra garlic, salt, pepper, tahini or lemon juice until it is perfect. I love lots of garlic in mine, although I'm not sure the rest of the staff room feels the same! It is a fabulous, simple and lunchbox-friendly recipe, so give it a go!



### Edward's view:

Edward is a great fan of hummus and ate this by the spoonful. He loved the pitta chips as he enjoyed crunching them. The vegetable sticks are great for scooping up the hummus, which he enjoyed doing, and you could try different vegetables to dip in (raw broccoli is great with hummus). A great success overall, with the variety of textures, lovely fresh taste and the fact that he could eat it with his hands, making it perfect for a lunchbox.