

Very Easy Houmous

Serves 4

Preparation Time 5 minutes

Cooking Time Zero!



Ingredients

1 400g tin chickpeas - drained but liquid reserved

2 cloves garlic

2 tsp ground cumin

1 lemon - zest and juice

Pinch of salt

Method

1. In a blender or food processor combine all the ingredients, on a low speed, except the reserved liquid.
2. Gradually add a little of the reserved liquid until the desired consistency is reached.

If you do not have a food processor or blender, ask the children to mash with a potato masher or fork.

It won't be as smooth, but it will keep them occupied for some time!

Tahini is traditional but expensive. You could however, also take out the lemon and add cooked onion or a variety of herbs, tomato puree or even tomato ketchup.

We used this houmous as the base for a ham, lettuce and tomato wrap - delicious!