



## HUMMUS with Corn Thin Minis



Snack



15 min

### Ingredients

A tin of chickpeas (drain the aquafaba/liquid into a jug or mug, and put it aside)

2 cloves of garlic, crushed

2 teaspoons of cumin powder

1 teaspoon of salt

3 Tablespoons of tahini

170 mls of olive oil or vegetable oil

1/3 cup of lemon juice

Fresh herbs, finely chopped (parsley, chives, oregano)



### Method

Put all of the ingredients in a food processor or blender and mix until smooth. Add a little aquafaba (the juice from the tin of chickpeas) if the hummus mix is a little thick and dry.

Scrape down the mixture from the sides and do a taste test. Does it need a little more lemon juice? Some more salt and pepper?

Add the herbs and mix again for a couple of short bursts.

Tip the hummus into a bowl and chill it in the fridge for at least an hour.

Serve with your favourite crudites (sliced or chopped fresh vegetables) and a packet of Corn Thins Minis.

This dip is great spooned on to salads, mixed into vegetable salads or used in sandwiches, too. It's tasty, its easy and its good for you!

Eat well, sleep well, study well or work well, and know you are loved.

Arohanui

Suzy