

## Hummus



- 2 garlic cloves
- 2 handfuls fresh parsley
- 3 green onions cut into one inch pieces
- 1 ½ cups chickpeas
- 4 Tbsp tahini (sesame seed puree)
- 3-4 TBSP lemon juice, according to taste
- ½ tsp each salt, cumin, and cayenne pepper

In blender/food processor blend the garlic, parsley and scallions until finely chopped.  
Add rest of the ingredients and blend until smooth.  
Water may be added if the mixture is too dry.

***NOTE- play around with the spices and flavours. If you like a lot of garlic then add extra garlic, you can try some dill or rosemary if you like those herbs. You can do anything you want when it comes to hummus.***