

# HOMMUS

15 MINUTES | MAKES 1 1/2 CUPS

## INGREDIENTS

- 2 cups sprouted or cooked chickpeas
- 1 large clove garlic, crushed
- 2 1/2 teaspoons cumin powder
- 2 teaspoons tahini
- 1/2 cup olive oil
- juice of 1 lemon
- salt and ground black pepper, to taste

## METHOD

1. Combine the chickpeas and the garlic in the bowl of a food processor or blender. Pulse for a few seconds until the chickpeas are well ground.
2. Add the cumin and tahini to the mixture and pulse until they are well incorporated.
3. With the motor running on low, slowly pour the olive oil into the processor. When the oil has been well blended, add the fresh lemon juice. Season with salt and black pepper.



## NUTRITIONAL INFORMATION

Sprouting is beneficial for seeds and legumes, as it intensifies their nutrient density. Chickpeas are a fantastic source of dietary fibre and minerals. Tahini is rich in calcium and magnesium, and the olive oil contributes the health benefits of monounsaturated fat. Use this recipe as a base for your hummus, adding spices and herbs as you please. It works well as a spread, dip or as a plant-based source of protein.