

Homemade Hummus

As served by Sarah at a High Aspirations event

INGREDIENTS

1 tin organic chick peas – drained

1 clove garlic or more if you like

2 T organic tahini

Juice of large lemon

1 t sea salt

2 T cold pressed olive oil

3 T chopped coriander

METHOD

Place all ingredients into a Thermomix or similar and mix to desired consistency. If you need to add liquid to make thinner you could save a little from the chick peas or add a bit more lemon depending on the taste you desire.

Serve with vege sticks or crackers of your choice. Make a double batch and keep in fridge for lunches: it's great spread on sandwiches, wraps or toast.