



## JERNEJ KITCHEN

# HUMMUS

*This is a basic hummus recipe, super easy to make, creamy and overall delicious!*

MAKES 1 MEDIUM JAR  
PREPARATION: 10 MINUTES

### HUMMUS

250 g can chickpeas, rinsed  
4 cloves of garlic, peeled  
80 g olive oil  
1 lemon  
1 tbsp tahini  
1 tsp sea salt  
40 ml water

### TOOLS AND EQUIPEMENT

food processor / blender  
bowl

### BLEND IT ALL TOGETHER

Rinse the chickpeas under running water. Add them to the food processor / blender. Peel the cloves of garlic, crush them and add them to the food processor as well. Also add the olive oil, zest of 1 lemon, juice of 1 lemon and 1 tablespoon of tahini. Blend for about five minutes.

### SERVE

Check the consistency. After a minute or two, add the water and sea salt. When the mixture is combined and it looks super smooth, transfer it to a bowl or a medium size jar. If you are going to serve it right away, drizzle the hummus with some olive oil, finely chopped parsley or coriander and/or pistachios.

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