



HUMMUS

INGREDIENTS

2 garlic cloves
2 cups of boiled chickpeas
Juice of 2 limes
Olive oil (to taste)
¼ cup of the water used to cook the chickpeas
¼ cups of tahini
2 pinches of powdered cumin
2 pinches of salt
1 pinch of black pepper
Paprika (to taste)
Toasted pita bread (to taste)

¡LET'S DO THIS!

- Place the garlic with some olive oil over a tray and roast it in the oven. Reserve.
- Place all the ingredients inside a processor (except paprika and pita bread) and blend until the hummus becomes very smooth.
- Serve the hummus on a plate with some olive oil, paprika and pita bread. Enjoy!