

Homemade Hummus

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 (15oz) can of organic chickpeas, drained and rinsed
- 2 tbsp hemp or extra virgin olive oil
- 3-4 tbsp tahini
- 1 freshly squeezed lemon
- 1/2 cup water (if needed)
- 3-4 fresh cloves of garlic
- handful of sun-dried tomatoes (optional)

Instructions:

1. Place all the ingredients (excluding water) together in a food processor or high power blender and blend until fully combined. Add water if necessary to desired thickness. Cut up a bunch of colourful veggies or enjoy with some gluten-free crackers for a fabulous afternoon snack!

Notes:

Hummus gives you a good dose of midday energy, increases your fat burning potential and is such a versatile dip. You can add anything to it - garlic, curry powder, cayenne, roasted red peppers etc. It's totally delicious, nutritious and is super simple to make!