



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

HUMMUS

SERVES 4-5



INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 1 clove garlic, peeled and crushed OR 1 tsp garlic paste
- Juice of one lemon
- 1 Tbsp vegetable oil (canola or olive)
- 1 Tbsp water
- 1 tsp ground cumin
- 1 tsp salt
- ¼ cup tahini OR 1tsp of sesame or peanut oil (optional)
- ¼ tsp ground pepper (optional)

METHOD

1. Use a stick blender or food processor to blend all ingredients until smooth.
2. Serve with toasted pita bread crisps or vegetable sticks.

Keep in the refrigerator and use within 3 days.

Can be frozen for up to 6 months.