

DIPS & SPREADS

Tahini Hummus

Glycemic Load: 7



Ingredients:

1 can [chickpeas](#)

2 cloves garlic

juice of ½ lemon

2 Tbsp [Tahini](#)

¼ tsp Paprika

½ tsp [ground cumin](#)

salt and pepper

1 Tbsp Olive Oil

water

Method:

Drain and rinse chickpeas

Blend until well chopped.

Add tahini, garlic, salt and pepper, cumin, lemon juice and enough water to create a smooth consistency

Pour into a bowl, sprinkle with paprika and olive oil.