

Hummus

Equipment

- Measuring cups
- Small mixing bowl
- Measuring spoons
- Blender
- Wooden spoon/plastic spoon
- Bowl for each group member
- Spoon or Fork for each group member

Ingredients from the Fridge

- ½ cup plain yoghurt

Ingredients from the Garden

- 2 Tbsp. chopped parsley (to garnish dip)

Ingredients from the Pantry

- 1 can chickpeas
- 2 Tbsp. lemon juice
- 2 tsp. vegetable oil
- ¼ tsp. garlic powder
- ¼ tsp. ground black pepper
- ½ tsp. ground cumin
- 1 bag corn chips

Method

1. Place all ingredients into blender.
2. Blend ingredients to desired consistency.
3. If hummus seems too thick, add 2 teaspoons of water.
4. Garnish with fresh parsley and serve with corn chips. 😊

