

# EASY HUMMUS

by Hannah O'Malley



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*Hummus is a staple in our home; we have a container in the fridge at all times!*

*A simple hummus that is a great snack with vegetables, or spread into sandwiches or wraps for a boost of protein and fiber.*

## Ingredients

- 1 x 400g can chickpeas, drained and rinsed
- 1 tbsp hulled tahini
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground turmeric (optional)
- ½ lemon, juiced
- 4 tbsp water
- Optional: cracked pepper and fennel seeds to sprinkle on top

## Directions

1. Prepare hummus by adding chickpeas, tahini, minced garlic, cumin, turmeric, juice of ½ lemon and water into a food processor.
2. Blend well until smooth. Add additional water (1 tablespoon at a time) if required to achieve desired consistency. You may need to pause the blender and use a spatula to push down any mixture that is collecting on the sides of the blender, then blend again.
3. Top with cracked pepper and fennel seeds and serve alongside crudites.

*Note: Try blending in some cooked roasted vegetables and herbs, such as carrot or beetroot for more colour and flavour.*

**PREP TIME: 10 MINS**

**TOTAL TIME: 10 MINS**

**SERVES: 4**

**Hannah O'Malley** is a registered pharmacist and Certified Lifestyle Medicine Practitioner (ASLM) based in Nelson, Aotearoa. She is also the Events and Education Lead for Doctors For Nutrition. In addition to her pharmacy qualifications (BPharm, PG Cert Clinical Pharmacy), Hannah has certificates in plant-based nutrition and lifestyle medicine. She founded The Better Base in 2018.

