**Hummus**

 **Ingredients**

**250g chickpeas, pre-soaked over-night**

**2 garlic cloves**

**2/3 cup of tahini**

**1/3 cup freshly squeezed lemon juice**

**½ cup water**

**¼ cup olive oil**

**½ tsp salt**

**½ tsp paprika**

**1 cup pine nuts, toasted**

**1 tbsp parsley, chopped for garnish**

**Pita bread for serve**

 **Directions**

**Add the soaked chickpeas with their water into the saucepan**

**over high heat. Then, add little more water and cook for a**

**hour. Once cooked, the chickpeas should be plump and soft.**

**Drain and rinse well. Ina food processor, combine the cooked**

**chickpeas, garlic, tahini, lemon juice, water, olive oil and salt.**

**Puree until it becomes a fairly smooth paste. Place spoonful**

**of hummus onto a serving plate. Sprinkle with paprika,**

**toasted pine nuts and chopped parsley. Serve the hummus**

**with pita breads. Your hummus is now ready.**