

Hummus



225 g cooked chickpeas
1-2 cloves of garlic, mashed, to taste
fresh lemon juice, to taste
2-3 tablespoons olive oil
2 tablespoons sesame paste (tahini)
1 teaspoon paprika powder, optional
parsley, for garnish (optional)
salt and pepper, to taste

Drain the chickpeas but store the liquid.

Put all ingredients in a blender/ food processor and blend until smooth. If necessary, if the hummus is too thick, add a little bit of liquid from the cooked chickpeas (the hummus should have the consistency of mashed potatoes).

It can be served with bread, olives, [falafel](#), “sticks” of vegetables (bell peppers, kohlrabi, cucumber, etc..).