



# EASY SPICY HUMMUS

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

### BASE

- 1 x 400 g tin of chickpeas
- 1 heaped tablespoon tahini
- Juice of 1/2 lemon
- 1 or 2 tablespoon virgin olive oil

### OPTIONAL

- Harissa paste
- Sweet smoked paprika
- Salt and pepper to taste

## PREP TIME

- Prep | 10min

## METHOD

- Drain and tip the chickpeas into the bowl of your food processor.
- Add the tahini, lemon juice and 1 tablespoon of olive oil.
- Season with a pinch of sea salt and black pepper.
- Pop the lid on and blitz until smooth.
- You may need to add a little more lemon juice or a tablespoon of tepid water to reach the desired consistency.
- Transfer to a bowl.
- Add a swirl of harissa paste or a sprinkle of smoked paprika.
  
- Flavours you may wish to try: ground cumin or ras el hanout is delicious, pine nuts for texture, sun dried tomatoes work well, fresh chillies...