

## Recipe Card: Garlic Hummus

### Ingredients:

- Cooked Chickpeas: 800grams/28 ounces (2 standard cans of chickpeas)
- Garlic: 1 clove
- Peanut butter: 1 tablespoon
- Lemon: 1
- Salt to taste
- Parika: Sprinkle on top
- Water: Depends on desired thickness

Add all of the above ingredients to a high-speed blender. At first, add ¼ cup water. If you want a less thick consistency, add more water, 1 tablespoon at a time. Do not add a lot of water at the beginning as it is difficult to balance out the consistency if it is too thin.

Sprinkle with paprika and serve with toasted flatbread or raw vegetables.