



*Perfect recipe  
for the collective kitchen*

# Hummus



**To calculate the quantity needed for each food:** Quantity of the basic recipe X number of recipes = total quantity.

**PREPARATION 10 MIN  
MAKES 500 ml**

Ingredients	Qty	Nb of recipe	Qty total
Chickpeas, rinsed and drained	1 can (540 ml)		
Tahini	85 ml (1/3 cup)		
Lemon juice	45 ml (3 tbsp.)		
Water	45 ml (3 tbsp.)		
Olive oil	15 ml (1 tbsp.)		
Ground cumin	4 ml (¾ tsp.)		
Salt	1 ml (¼ tsp.)		
Cloves of garlic, finely chopped	2		

## Preparation

- In a food processor or blender, purée the chickpeas, tahini, lemon juice, water, olive oil, cumin and salt until smooth.
- Add the garlic and mix with a spoon.

