



INGREDIENTS:

- » 1 cans chickpeas
- » 1 large lemon
- » 4 tablespoons tahini
- » 1-2 garlic cloves
- » 1-2 tablespoons of olive oil
- » Salt and fresh ground black pepper
- » Fresh cilantro



PREPARATION:

Drain chickpeas and save some of the liquid. Blend chickpeas adding a little of this liquid, lemon juice and garlic until is smooth. Add tahini and 1 tablespoon of olive oil and blend more until is smooth. Place the humus on serving dish and garnish with cilantro and olive oil.

Bon Appetite!