



Hummus



Season: All seasons

Serves: 30 tastes in the classroom or 6 at home

Chick peas are a great source of protein and fibre.

Basil contains disease-fighting antioxidants and acts as an anti-inflammatory, boosts immunity and contains antibacterial properties.

All of the herbs and vegetables used are organic and from our Ashgrove Garden—grown and harvested by the students.

Equipment:

- Chopping board
- Sharp knife
- Mixing bowl
- Mortar and pestle
- Measuring spoons

Ingredients:

- 1 cans of chick peas
 - 2 tablespoons Olive Oil
 - 2 tablespoons lemon juice
 - 1 teaspoon garlic
 - 1/2 teaspoon smoked paprika
 - 1/2 teaspoon cumin
 - 1 pinch of pink Himalayan salt
 - Basil
 - Parsley
 - Spinach
- Optional - add roasted vegetables

What to do:

1. Drain and rinse chick peas.
2. Place chick peas into mortar and pestle (about half a can at a time). Crush chick peas until smooth.
3. Transfer crushed chick peas to a mixing bowl.
4. If adding roasted vegetables—crush into a paste and add into mixing bowl. Mix well until combined.
5. Add olive oil, lemon juice and garlic. Mix thoroughly .
6. Add smoked paprika, cumin and pink Himalayan salt.
7. Chop basil and parsley finely. Add herbs to hummus and mix thoroughly until all ingredients are combined.