

Hummus Recipe

Ingredients :

540 ml. can of chick peas
¼ cup of sesame seeds
¼ cup of canola oil (or olive oil)
2 cloves of garlic
½ cup of warm water
2 table spoons of Greek Yogurt
1 tea spoon of sea salt (or to your taste)
1 table spoon of lemon juice

Method:

Grind sesame seeds with oil till it becomes smooth paste. Put it in a bowl. Then grind chick peas with yogurt, lemon juice, garlic and add water and salt as needed. Make a thick paste and mix it with the sesame seed paste well till it gives you the consistency of thick paste. Drizzle some oil before eating.

Buy Pita bread and heat them up for about half a minute on each side using about a tea spoon of oil as shown in the video.

Serve with Pita bread and salad or any other side dish you prefer.

Enjoy.