



Houmous

Try knocking up some houmous with your kids when they get back from school - they'll love dipping in chopped celery and carrots.

Or serve with blinis on a balmy evening with friends, accompanied by a light summer cocktail.

You will need:

- 1 16-ounce can of chickpeas (garbanzo beans), drained and rinsed
- 1/2 teaspoon salt
- 1 garlic clove, peeled and chopped
- 1/4 cup lemon juice
- 2 tablespoons tahini (a sesame seed paste that can be found in health-food stores or the specialty-food section of your local supermarket)

Method:

Place all ingredients into blender or food processor and blend until smooth. Transfer mixture into a bowl and serve immediately, or transfer into an airtight container and store in refrigerator.

