

Easy *Hummus*

Ingredients

- 1 can chickpeas, drained
- 1 tablespoon vegetable oil
- 1 teaspoon lemon juice
- 1 teaspoon crushed garlic
- 1-2 tablespoons as needed
- salt and pepper to taste

Method

1. Place all ingredients in the bowl of a food processor or blender.
2. Process on high until smooth and combined adding water to achieve the desired consistency
3. Chill for 1 hour before serving for best flavour