

CHICK PEA HUMMUS

- **Serves 4**
- **200 gms costs 0.56p to make, compared to £1.20 to buy**

INGREDIENTS

1 tin chick peas 400gms, drained

Juice and zest of one large lemon or 4 tablespoons lemon juice.

2 tablespoons olive oil

1 garlic clove grated.

Salt & pepper.

METHOD

Place chick peas in a bowl with the lemon juice and zest.

Mash with a potato masher until fairly smooth.

Stir in the garlic, salt and pepper to taste.

Beat in the oil.

Eat with toast, pitta bread, carrot sticks, cucumber, breadsticks... whatever you fancy