

Hummus

- Soak 1 cup of dried chickpeas (rinse them first) and 2-3ml baking soda in water overnight
- Cook until soft but not falling apart (30 to 90 minutes)
- Drain
- Rinse with cold water until the chickpeas are cold
- Discard any loose skins

Add:

- 1/2 cup tahini
- 1/3 cup lemon juice
- 1/2 teaspoon garlic powder
- 1 teaspoon salt

Blend

- Add enough water to get the right consistency (50 to 200mL)