**Chickpea Dip**

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**You will need:**

I tin of chickpeas

Juice of 1 lemon

2 cloves of garlic - crushed

1 teaspoon of cumin powder or seeds that are crushed

2 tablespoons of oil (Olive oil or Sesame oil or sunflower oil)

* Tip the chickpeas into a saucepan with about a tablespoon of the water from the tin and heat them up.
* Use a hand-held liquidiser and blitz the chickpeas to a smooth puree.
* Add the lemon juice, crushed garlic, cumin powder, oil and some salt and pepper.
* Blitz the whole mixture together.
* Cool the dip in the fridge before you eat it.

(I added a bit of paprika and oil on top for the photo below!)

