

Hummus with Turmeric

Ingredients required for 6 persons

Preparation time 5 minutes

Difficulty easy

Ingredients

300 g chickpeas from a jar
120 ml ice-cold water
2 cloves of garlic
2 TL turmeric powder
150 g tahini (sesame paste)
0.5 TL salt
juice of one lemon
fresh parsley or fresh coriander
2 EL olive oil



Preparation

Sieve chickpeas and collect around 60 ml of the chickpea water. Put two tablespoons of chickpeas on the side for garnishing. Mix the juice of one lemon, salt and the garlic cloves with a blender. Add tahini and turmeric powder. Slowly stir in the ice-cold water. Add chickpeas and the chickpea water and blend for another 2 to 3 minutes. Thin with water if necessary. Drizzle with olive oil and garnish with the remaining chickpeas, fresh parsley or coriander.

By the way

Serve with pita bread, vegetables or crackers.