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**THE BEST HUMMUS EVER**

I have adapted this recipe from FMTV. I make this every week as it is perfect as a dip or a spread. It only takes a few minutes to make and I find the consistency perfect. Chickpeas are high in fibre and protein which makes them a great protein rich snack paired with some fresh vegetables.

**Ingredients:**

* 1 ½ cup of chickpeas, either precooked or one small can, rinsed
* ¼ cup extra virgin olive oil
* 1/3 cup fresh lemon juice
* 1 clove garlic, lightly chopped
* ½ tsp. sea salt
* 2 Tbs. tahini (sesame paste- can be found in the peanut butter section of supermarkets)
* 1 Tbs. red curry paste (I buy Thai Kitchen brand which comes in a small jar in the Asian food section of the supermarket)

**Method**

1. Put all the ingredients and place them in a food processor, blender or Veggie Bullet. Blend until smooth. Use a tablespoon or two to thin it out if it is too thick.
2. Refrigerate immediately. It easily lasts for a week but you will find it thickening up slightly as the days go by. It’s a great flavourful, healthful replacement for spreads on sandwiches instead of mayonnaise or butter