

HUMMUS (makes 4 tubs)

1 cup **chickpeas** (soaked overnight & pressure cooked for 20 mins, saving the **aguafaba**)

wild onions (if in season) or 1 small onion

1 tsp **sweetner** (eg agave syrup)

8 **garlic cloves**

1/3 cup **tahini**

1/4 cup **sesame seed oil**

1 tsp **cumin**

1/2 tsp **cayenne pepper**

1 tbsp **lemon juice**

black pepper

1 dsp **tamari**

1 dsp **apple cider vinegar**

Sauté the **onions, garlic** and **sweetner** until caramelised.

Then blend with the **chickpeas** through a meat mincer a couple of times.

In a large bowl mix everything together, adding sufficient **aguafaba** to make into a thick porridge.

For a really smooth consistency transfer to a blender, adding more aguafaba as required.

Do not fill the tubs right to the top if they are to be frozen.