

HUMMUS (makes 6 tubs)

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

wild onion tops (if in season) or 1 small onion

handful **nettles** (if in season)

handful **chives** (if in season)

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

8 garlic cloves or **wild garlic tops**

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, nettles** and **chives**, adding the **sweetner** when they are caramelised.

Then blend everything together, using the **aguafaba** to achieve a thick porridge consistency.

You can do this with a hand mincer too, but it won't be so smooth.

Leave a gap at the top of the tubs that are to be frozen.