

# URBAN GRILLER

## HUMMUS

250 gm Chickpeas (from a can)  
250 ml Olive oil  
180 gm Tahini  
50 ml Red Wine Vinegar  
4 tablespoons Lemon Juice  
Salt & Pepper  
2 cloves garlic (may be roasted if you want a milder  
flavour)

Blend all ingredients in a food processor until smooth.