

The Sailing Chef

HOU MOUS

Ingredients:

- 1 can of chick peas
- 2 TBS of raw Tahini
- 1 juice of lime
- 3 TBS Olive oil
- 2 fresh garlic cloves crushed
- 1TS ground cumin
- Salt and pepper

Preparation:

1: peel your chick peas and mashed them in a big bowl with a fork or use a blender.

2: add Tahini, lime juice, crushed garlic and all the spices.

3: mix well and add the olive oil at the end

4: place it in fridge before serving.

ENJOY on a toasty bread or chips!



This is the perfect dip for apero!!

