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Hummus: Houmous the Hermanos Catalán way

Ingrediënten

- 1 x 400 g tin of chickpeas or 170 g dried chick peas (cook before using)
- whole cumin, a generous pinch
- 1 whole dried chilli
- 1 clove garlic, peeled and crushed
- juice of one lemon
- Hermanos Catalán extra virgin olive oil
- 1 tbsp tahini paste
- Optional: paprika and fresh parsley, to garnish
- 1 tsp (or more, according to taste) Amanprana Okinawa Omega 3/6/7/9

Extra info

Recept geschikt voor:

6 personen

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

60 minuten

Totale bereiding:

60 minuten

Gebruikte producten

De **Amanprana producten** die gebruikt zijn bij het maken van hummus: houmous the hermanos catalán way

Bereiding

Okinawa Omega oil makes this hummus recipe super nutritious!

Blend the cooked chickpeas with a generous pinch of cumin seeds, a dried chilli (just to spice things up a bit), a little garlic, some lemon juice and tahini. Add a little olive oil until you have a smooth, spreadable consistency. If you want to make the hummus super healthy, add a teaspoon of Okinawa Omega 3/6/7/9.

Speciale wensen

- [Vegetarian](#)
- [Gluten free](#)
- [Vegan](#)
- [Lactose-free](#)