



HUMMUS VEGAN

for 3 servings



INGREDIENTS

- 240 g** chickpeas (can)
- 200 ml** bulk water (chickpeas)
- 100 ml** vegetable stock
- 30 g** Tahini (sesam paste)
- 2 tbsp** lemon juice
- 1** garlic clove
- sesame oil

PREPARATION

Finely chop the garlic, sauté lightly in sesame oil and leave to cool down.

Drain the chickpeas, catch the bulk water and add some water until you have 200 ml.

Now finely puree all ingredients with the blender until a homogeneous mixture is formed.

Strain the mixture through the Kisag funnel & sieve directly into the Kisag whipper. Insert the Kisag Whipper Charger and shake vigorously 8 times. Refrigerate for at least 3 hours.