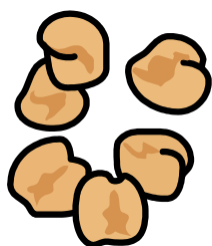
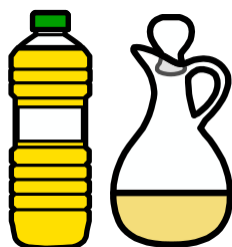


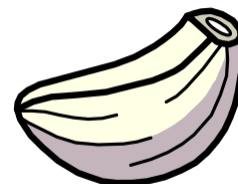
# Hummusrecept



1,5 dl kikärter



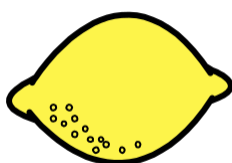
1/4 dl rypsolja



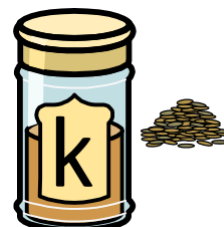
1/2 vitlöksklyfta



1/3 tsk salt



1 klyfta citron,  
saften



1/3 tsk  
spiskummin



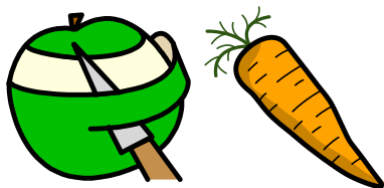
Mät upp  
ingredienserna i  
matberedaren



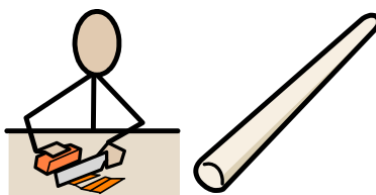
Mixa allt till en slät  
röra i matberedaren



Smaka och tillsätt  
mera kryddor  
enligt smak



skala morot



skär i stavar



servera