

HUMMUS

Ingredients

- 250 g cooked chickpeas
- 270 g sun-dried tomatoes in olive oil with the pickle
- 50 g arugula
- 100 g sunflower seeds
- 2-3 cloves garlic
- salt, pepper and oregano



Instructions

1. Drain the chickpeas, peel the garlic.
2. Throw all the ingredients into a bowl.
3. Blend it.

And done!