

Broccoli Humus:

- Put in the big food processor:
 - 3 kilo of broccoli (frozen or not)
 - 12 garlic gloves
 - 8 tins of chickpeas, drained
 - 1 cup of thina
 - 1/2 cup of canola oil
 - 1 cup chopped green onions
 - 1 package of parsley
 - 1 flat tablespoon of salt
 - 2 tablespoons of cumin
 - 1 tablespoon paprika
 - 1/3 cup of lemon juice
 - Taste and correct