

Hummus

Ingredients:

- 1 can chickpeas (I use the organic, no salt added kind)
- 2 cloves garlic
- 1/2 tsp tahini
- 1/4 to 1/2 C of water
- 1 Tbsp olive oil (substitute more water for less olive oil)
- the juice of one lemon
- salt, pepper and cumin to taste

*Add Tobasco “chipotle” sauce for flavor if you want. Mix it up. There is NO WRONG!



Preparation:

1. Place all ingredients into food processor and blend!
2. Serve with whole grain pitas cut into wedges, carrots, cucumber slices, etc.
3. Enjoy! 😊