



Hummus

2	cups	Chickpeas, Well Cooked
1/2	cups	Tahini
1/4	cups	Olive Oil, Extra Virgin
2	cloves	Garlic, Peeled
1	tblspn	Cumin
		Juice of 1 Lemon
		Salt & Pepper to Taste

- 1 Place all ingredients in food processor and begin to process. Add water if needed to make a smooth puree.
- 2 Adjust flavor with salt and pepper.
- 3 Add different ingredients for flavor. Suggestions are for pesto, sundried tomatoes, olives.
- 4 Try different beans as well in place of chickpeas. Black beans, red beans and white beans are very good!