

Hummus

Ingredients:

1 can chickpeas (425 g or 15 oz.)
¼ cup lemon juice (1 large lemon)
¼ cup tahini (or peanut butter)
1 clove garlic
2 Tablespoons olive oil
2 – 3 Tablespoons water

Optional:

Dash of salt
Black pepper
Cumin
Paprika

Drain chickpeas. Put into food processor with lemon juice, tahini, garlic, olive oil and water.

Process until it is smooth. Add salt, pepper, cumin and/or paprika if desired.

Serve with an assortment of fresh vegetables. Also delicious with crackers or as a sandwich spread.

Enjoy!