

Hummus

INGREDIENTS

- 1.5 Cans of Chickpeas
- 2 Garlic Cloves
- 2 Tbsp Water
- 1 Seeded Lemon (use more if you desire)
- 2 Tbsp Tahini
- 1 tsp Salt

INSTRUCTIONS

Blend all ingredients in a blender... taste and add more of any 1 ingredient if you desire more of a specific flavor. I love adding lemon. For variation, you can also add a handful of leftover mixed veggies, peppers, etc. Pour into bowl and stir in extra virgin olive oil if you like.

