

# HOMEMADE HUMMUS

Serves 4-6



## INGREDIENTS

- 1 1/2 cups Chickpeas, liquid drained but save for later
- 1 clove Garlic, peeled
- 2 tbsp Lemon juice
- 1/4 cup Olive oil
- 2 tbsp Tahini paste
- 1 tsp Cumin
- 1/2 tsp Salt

## DIRECTIONS

1. Combine chickpeas and garlic in food processor until well blended.
2. Add remaining ingredients and puree until creamy.
3. If mixture seems dry or too thick, add liquid from chickpeas to proper consistency.

**SERVE WITH YOUR FAVORITE RAW VEGGIES, PITA BREAD OR PRETZELS!**

