

*Making it delicious*

# Hummus

## Ingredients

- 1 15-oz. can of chickpeas
- 1/4-1/2 cup olive oil
- 2 Tbsp. lemon juice\*
- 2-3 garlic cloves, chopped\*\*
- 1/2 tsp. salt
- 1/4 cup tahini (sesame seed paste)
- Water to thin, as needed

\*About 1/2 a lemon

\*\*Or 1/2 teaspoon of garlic powder



## Instructions

- Drain & rinse the chickpeas.
- Combine all ingredients in a food processor and puree until very smooth, scraping down the sides as necessary.
- Add a little water as needed to achieve a silky texture.
- Enjoy as a dip for vegetables or toasted pita triangles, or use as a spread on sandwiches.

**SERVINGS: 8 | PREP TIME: 10 MIN**