

Hummus

1 can or 2 cups (approx) cooked garbanzo beans

1/3 cup fresh lemon juice

1/3 cup tahini (sesame seed butter)

2 cloves fresh garlic (optional) or 1/2 tsp garlic powder

1 1/2 tsp cumin (optional)

1 1/2 tsp salt

Blend all ingredients EXCEPT garbanzo beans in a blender until very smooth, then slowly add garbanzo beans and blend until smooth. If too thick to blend, add 1 tbsp of water at a time to get it to blend. Hummus should be very thick (a spread or dip).

For other flavors, experiment with bell peppers, or roasted peppers, or pimentos, or olives. Hummus makes a great salad dressing by simply adding water and mixing to a consistency like salad dressing.