

# *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 ½ tsp cumin (optional)  
1 ½ 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.

