

Hummus

Ingredients:

1. 2 cups cooked chickpeas (or 1 can)
2. 3 Tbs Tahini (preferably from 'whole' sesame seeds)
3. 1/4 tsp salt to taste (more for fresh chickpeas, less for canned)
4. 1/2 tsp ground cumin
5. 1 clove garlic peeled
6. Juice of 1/2 lemon
7. 1/4 cup water

Directions:

Combine all ingredients in either a food processor or high speed blender.

Blend until desired consistency is reached, can add additional water, 1 Tbs at a time to lighten.

Can be made without cumin/garlic/lemon - all depends on your taste.

Serve with whole wheat pita, falafel, or just plain.

Can garnish with za'atar or harissa

