

Hummus

Ingredients

¼ cup oil
½ teaspoon salt
½ teaspoon cumin
½ teaspoon garlic powder or 2 cloves, garlic, minced
2 ½ tablespoons lemon juice
¼ cup water or liquid from can
1 can (540 mL) chickpeas, drained and rinsed

Directions

1. In a blender add, oil, salt, cumin, garlic, lemon juice, water, and chickpeas.
2. Blend until smooth.

Makes 2 cups

Tips

- If you don't have a blender, use a fork or potato masher.
- Add extra garlic in you want.
- Try adding 2 tablespoons of peanut butter or tahini.

