

Hummus

2-3 cloves garlic (put through press)

2 c or 1 can chick peas

4-6 tbsp lemon juice

½ tsp salt

3 tbsp tahini paste

½ tsp ground cumin

Dash of cayenne

Blender Method:

Use all ingredients, with about half of the liquid from the peas, except tahini

Blend all ingredients in blender until smooth, then put in a bowl and add tahini.

Food Processor Method:

Mix everything together

*if you like it thick, add less pea liquid, adjust the lemon and garlic to your taste.

Put in a bowl, it thickens as it cools in the fridge.

Decorate with paprika, coriander and/or olive.

Serve with pita cut into triangles, or cut up veggies.

For pita chips, cut into triangles and toast in oven first.