

Hummus

INGREDIENTS

- ~ 1 15-oz can chickpeas, drained
- ~ 2 medium cloves garlic
- ~ 1 Tablespoon lemon juice
- ~ 3 Tablespoons olive oil
- ~ 3 Tablespoons tahini
- ~ ½ teaspoon salt
- ~ ¼ cup water
- ~ 1 Tablespoon parsley, chopped

DIRECTIONS

- 1 Put all of the ingredients in a food processor blender and puree until smooth.

Options

For a spicier version, add some hot peppers.
Serve with fresh vegetables, olives, and bread of choice.
This is a good one to take for lunch.

NOTES

.....

.....

.....

.....

.....