

Hummmus

Hummmus is one of my all time favorite foods. High in protein and low in fat, this powerhouse dip is great for lunch or snacks.

Enjoy!

4 cups of garbanzo beans, drained

1/2 cup tahini (sesame paste)

1/3 cup warm water

1/3 cup olive oil

juice of 1 lemon

1-2 garlic cloves, minced

1 1/2 teaspoons salt

2 teaspoons cumin

pepper to taste

additional lemon juice to taste

1. Combine garbanzo beans, tahini, water, olive oil, and lemon juice in blender or food processor.
2. Process until smooth and creamy.
3. Add the garlic, salt, and cumin.
4. Process again until fully blended.
5. You can add pepper and more lemon juice to taste.
6. Chill in refrigerator for at least one hour.