

# Hummus

Prep Time: 7 minutes

## Hummus Recipe:

14oz can Organic Garbanzo Beans

Juice of 1 large lemon

6 tbsp sesame seed paste (Tahini)

2 tbsp olive oil

2 garlic cloves, crushed

Salt & pepper

Chopped cilantro and black olives to garnish

## Instructions:

Drain the garbanzo beans, reserving a little of the liquid. Put the garbanzo beans and the liquid in a food processor and process, gradually adding the reserved liquid and lemon juice. Blend well after each addition until smooth.

Stir in the tahini and all but 1 tsp of the olive oil. Add the garlic, season to taste, and blend again until smooth.

Spoon the hummus into a serving dish and smooth the top. Drizzle the remaining olive oil over the top, garnish with chopped cilantro and olives. Chill.

We get our produce from:



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