



# Hummus

## INGREDIENTS

1—15 oz. can chickpeas, drained, rinsed  
½ cup tahini  
1 clove garlic  
1 tablespoon ground cumin  
2 tablespoons olive oil  
3 tablespoons lemon juice  
1 scant cup of water, as needed  
¼ teaspoon salt

## DIRECTIONS

1. Place all ingredients except the water into a food processor or high-speed blender.
2. Blend until smooth, adding as much water as needed to reach your preferred consistency.
3. Taste and add more garlic, cumin, lemon juice, salt as needed.

**Servings:** 3 cups

SLIGHTLY MODIFIED from *From Plant to Plate*, by Tami Bivens, R.D. p. 256. For more information go to <https://lifeandhealth.org>