

Hummus Among Us

From week 22

2 c. canned chickpeas
(same as garbanzo beans),
drained (keep the juice)

1/4 t. salt

1/2 c. lemon juice (fresh is best)

1/2 c. olive oil

1/4 c. liquid from the chickpeas

1/4 c. tahini (this is like peanut butter
only with ground sesame seeds)

4 cloves pressed garlic

1 tsp. cumin

1/4 t. cayenne pepper (optional)

Use a food processor or blender to mix liquid from chickpeas, salt, lemon juice and olive oil. Add in the chickpeas and tahini. Blend until smooth. Add garlic, cumin and cayenne. If you want it thinner, add more liquid from chickpeas.

Enjoy with pita, veggies or your favorite baby food!