

Hummus (April 2007)

Serves 6-8 | Prep time: 5 minutes

2 cans garbanzo beans (drained and rinsed)
½ cup olive oil
6 tablespoons water
1 tablespoon tahini
1 teaspoon cumin
1 clove crushed garlic
juice of 1 lemon
¼ teaspoon salt

1. Put all ingredients in a blender. Blend 30-60 seconds or until smooth.

Hummus (arabic for garbanzo bean) is very versatile. It can be used as a dip or spread. Great for a snack or lunch, it contains all the right nutrients to keep you satisfied until your next meal. Hummus is a great source of fiber, protein and healthy fats.