

HUMMUS

Ingredients

18 oz cooked garbanzo beans
(1 can)

3 tablespoons olive oil

2 tablespoons tahini

2 garlic cloves

½ lemon juice

Sea salt to taste

Paprika (optional)

Directions

If you are going to cook your own garbanzo beans it is best to soak overnight. Drain the water they soaked in before cooking and add more water. Because of the long cooking time it might be necessary to add more water during the cooking period. Be sure the water is boiling when adding to pot.

Add all ingredients in a blender. Push mixture toward blades to blend well. You may use the water that the beans cooked in or the water from the can to obtain the consistency you desire. You may use as a spread, dip or dressing.

Before serving the hummus, sprinkle with paprika and drizzle with olive oil.



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