

## Hummus

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
sesame tahini	¾ cup	save the liquid from cooking or from can
garbonzo beans	15 oz	
lemon juice	3+ TBLSP	
garlic	2 large cloves	
olive oil	2 TBLSP	
ground cumin	1 tsp+	
smoke paprika	½ tsp+	
salt	1 tsp+	
<ul style="list-style-type: none"><li>• In a blender or food processor, blend all ingredients. Add enough garbonzo bean liquid to make the consistency to your liking.</li><li>• Pour into a large bowl and adjust the spices and lemon.</li><li>• Serve with veggies for dipping. Raw string beans, sugar snap peas, carrot &amp; celery sticks are nice.</li></ul>		