

Hummus

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
sesame tahini	$\frac{3}{4}$ cup	
garbonzo beans	15 oz	save the liquid from cooking or from can
lemon juice	3+ TBLSP	
garlic	2 large cloves	
olive oil	2 TBLSP	
ground cumin	1 tsp+	
smoke paprika	$\frac{1}{2}$ tsp+	
salt	1 tsp+	

- In a blender or food processor, blend all ingredients. Add enough garbonzo bean liquid to make the consistency to your liking.
- Pour into a large bowl and adjust the spices and lemon.
- Serve with veggies for dipping. Raw string beans, sugar snap peas, carrot & celery sticks are nice.

Snack