

Hummus by Lynn's Recipes



Click on the picture above to watch my video demonstration of this recipe.

A great and healthy dip for a party or to just have for lunch with pita bread or chips.

Ingredients:

- Two 15-ounce cans garbanzo beans, rinsed and drained
- $\frac{1}{2}$ cup tahini
- 1 Tablespoon fresh lemon juice
- 1 clove of garlic, roughly chopped
- Salt and pepper to taste
- $\frac{1}{2}$ cup water
- Extra virgin olive oil for drizzling

In a food processor, blend the garbanzo beans, tahini, fresh lemon juice, garlic, salt and pepper. Add the water to loosen the mixture up and blend until smooth. Transfer to a serving dish and drizzle with extra virgin olive oil. Serve with pita chips or vegetable sticks.

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