

Hummus

Ingredients:

1 can of chick peas, drained and rinsed

2 Tbsp. of tahini paste

¼ cup lemon juice, freshly squeezed (Approx. ½- 1 lemon)

½ clove of garlic; if you like garlic - use 2-3 cloves (optional)

½ tsp. EACH of ground coriander, cumin and paprika

¼ tsp. sea salt.

Liquid- use the Chick pea juice from the can (add it in small amounts for the desired consistency- approx. ¼ cup)

Description:

Mix all ingredients in either a blender or food processor. Chill for at least ½ hour prior to serving. You can drizzle 2 Tbsps. of olive oil over the top and add a dash of cayenne pepper or paprika before serving.

Note: If you want to make different flavors of hummus, omit the coriander, cumin and paprika and add calamata olives, red peppers or any other flavors you would like to create.