Hummus

This Hummus recipe, using cayenne pepper, can be a little spicy. Adjust the ingredients to your liking.

Ingredients

1 15 oz. can chickpeas

1 – 2 T. tahini\*

1 clove garlic, crushed with a spoon or garlic press

Juice of 1 lemon or 3T. lemon juice

½ tsp. salt

1 tsp. cayenne, paprika or cumin

2 tsp olive oil.

Directions

Reserve the liquid from the canned chickpeas.

Combine chickpeas, tahini, garlic, lemon juice, salt and spice in a blender or food processor.

Add 2 – 3 Tbsp. of the reserved chickpea liquid and puree until mixture is a smooth paste. Add more chickpea liquid to get the desired consistency.

\*Tahini is found in the international section of many supermarkets.

Be careful using the blender or food processor as the blades are very sharp. Make sure you have permission to use these appliances.