

Hummus

Ingredients

16 oz Garbanzo Beans (can, drained)
1/4 c Garbanzo Bean Liquid
1/2 Lemon (juiced)
1 1/2 T Tahini
3 clv Garlic
1/2 t Salt
3 T Olive Oil

Instructions

1. Open can of garbanzo beans, drain and set aside 1/4 cup of liquid from can. Rinse beans with water.
2. Combine remaining ingredients in food processor and 1/4 cup of liquid from garbanzo beans.
3. Blend for 3-5 minutes until thoroughly mixed and smooth.