

Hummus

Ingredients:

¼ can	Chick peas
¼	lemon, juiced
15 ml	tahini
1	small clove of garlic
2 ml	salt
10 ml	olive oil
1 ml	cumin

Method:

1. Combine all ingredients in blender and blend for 3 to 5 minutes. May need to add water. Blend until smooth.
2. Serve with hot pita bread.

