

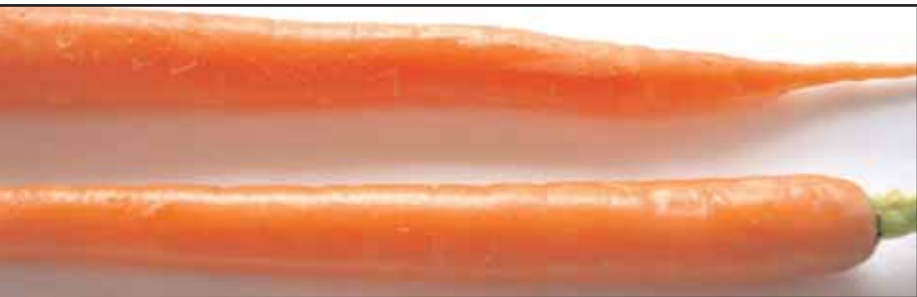
Hummus

Yield: 3 cups

2 - 14 oz. cans UNSALTED CHICKPEAS, DRAINED AND RINSED
2 cloves GARLIC
3 Tbsp. TAHINI
1 1/4 tsp. SEA SALT
3/4 cup EXTRA-VIRGIN OLIVE OIL
2 Tbsp. WATER
3 Tbsp. LEMON JUICE (1 LEMON)
1 tsp. GROUND CUMIN

Procedure:

Combine all ingredients into a food processor and blend until smooth. If needed, add a bit more salt to taste.



the
organic kosher
cookbook

By Aviva Allen www.organickoshercookbook.com