

Idiot's Kitchen Recipe – Healthy Hummus

Recipe from www.idiotskitchen.com



Ingredients:

2 (15 oz) cans Garbanzo Beans/Chick Peas, drained & rinsed
2-3 (or more) cloves of garlic, peeled
¼ cup parsley
1 lemon, juiced (about ¼ cup)
¼ cup Tahini – sesame paste
½ cup water
1 Tablespoon olive oil
Dash Tabasco or hot sauce
Salt & Pepper

In a food processor or sturdy blender, mix 2 cans of garbanzo beans that have been drained and rinsed with 2-3 cloves of garlic and ¼ cup fresh parsley. Add the juice of 1 lemon (about ¼ cup), ¼ cup tahini, and ½ cup water.

Grind ingredients in the food processor until almost smooth. Add 1 Tablespoon of olive oil, a dash of hot sauce, and salt & pepper to taste (about 1 teaspoon each).

Grind again in the food processor until thick and smooth. Taste and adjust seasonings.

Serve with vegetables or pita bread.

Keeps well in the refrigerator for up to a week.