

Idiot's Kitchen Shopping List – Healthy Hummus

Recipe from www.idiotskitchen.com



2 (15 oz) cans Garbanzo Beans

¼ cup Tahini – sesame paste – often found in the “organic” or “green” section

2-3 (or more) cloves of garlic

¼ cup fresh parsley

1 lemon

½ cup water (not pictured)

1 Tablespoon olive oil

Dash Tabasco or hot sauce

Salt & Pepper