



# HUMMUS

**SERVES 4**

Simple, versatile, and healthy.

- 1 can (16oz) chickpeas / garbanzo beans
- 3-5 tablespoons lemon juice, to taste
- 1½ tablespoons tahini
- 2 cloves garlic, crushed
- ½ teaspoon salt
- 2 tablespoons olive oil
- 1 tablespoon peanut butter (optional)

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add ¼ cup liquid from chickpeas. Blend 3-5 min on low until thoroughly mixed and smooth. Place in serving bowl, and create a shallow well in the center of the hummus. Add 1-2 tablespoons of olive oil in the well. Garnish with parsley (optional). Serve immediately with fresh, warm or toasted pita bread, or cover and refrigerate.

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