

Hummus

Ingredients

One can organic garbanzo beans
1/2 cup tahini
Juice of one lemon or 3 T. lemon juice just substitute
1 tsp. sea salt
3 cloves garlic, minced

Preparation

Process all ingredients in a food processor or blender. This recipe can be flavored any way you want add roasted red pepper, taco seasoning, scallions, spinach, etc. For Baba Ganoush add 1 roasted eggplant you have blended into the mixture.