

## Traditional Hummus

**Makes 2 cups**

### **Ingredients**

- 1 15-oz. can garbanzo beans (chickpeas), drained and rinsed
- 2 cloves minced garlic
- 2 tbsp. tahini
- 2 tbsp. extra virgin olive oil
- 2 tbsp. lemon juice (from ½ a medium lemon)
- ½ tsp. salt (more or less)
- 1 tsp. ground cumin
- ½ tsp. red pepper flakes (more or less)

### **Directions**

- 1) In a food processor, puree all ingredients until smooth. If the mixture is too thick, add a little water, one tablespoon at a time, until desired consistency is reached.
- 2) Serve with pita chips, raw veggies, or warm pita bread or lavash.