

Hummus (chick pea spread)

Ingredients:

- 1 can organic chick peas (garbanzo beans) *
- 2 tspn lemon juice
- ¼ cup water
- 2 tspn olive oil (or 1 tbsp olive and 1 tbsp flax oil)
- 1 tbsp tahini or sesame paste
- salt to taste

optional ingredients:

- ½ clove garlic or 8 roasted garlic cloves
- rosemary
- red pepper pesto
- pesto

1. Rinse chick peas. Place into food processor along with other ingredients. Note – add water last.
2. Blend in food processor until smooth.
3. Serve with either corn chips or veggies or pita wedges

* Organic beans have only water and some salt. Others add a lot more salt and EDTA and other preservatives



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