

Herbal Legacy Recipes

Hummus

Ingredients:

- *1 can (15 oz) garbanzo beans
- *1/4 cup tahini (sesame paste), or 1/4 cup toasted sesame seeds and 2 tablespoons olive oil
- *3 tablespoons lemon juice
- *1 clove garlic minced
- *1/4 tsp cumin
- *Salt and pepper to taste

Directions:

Drain garbanzo beans, reserving liquid. Put beans into a blender or food processor. Add tahini or sesame seed and oil mixture, lemon juice, garlic, cumin, and 1/4 cup of the garbanzo liquid. Blend together until mixture is the consistency of heavy batter (adding more garbanzo liquid if needed). Season to taste with salt and pepper. Garnish with olive oil or chopped parsley.

Makes 12 servings, 2 tablespoons per serving.