Hummus – For the Kitchen

**Ingredients:**

* 1 15 oz can of chickpeas or garbanzo beans, drained **(save liquid)**
* 1-2 cloves garlic, crushed
* 15 ml lemon juice – ½ lemon juiced
* 15 ml tahini, or low fat peanut butter if you prefer (optional, but if you do not use, increase yogurt by 15 ml)
* 125 ml plain yogurt
* 5 ml salt and pepper and cumin
* 10 ml fresh parsley (if available)

**Preparation:**

* 1. In a food processor combine beans, tahini (if desired), yogurt, garlic, and lemon juice. Blend well.
  2. Add salt and cumin and blend to a smooth and creamy dip.  
       
     If your hummus is too thick, add a little bit of the liquid from the chickpeas - about a teaspoon at a time. Other ways to thin out hummus is by using warm water or olive oil.