Hummus

**Ingredients:**

¼ can Chick peas

¼ lemon, juiced

15 ml tahini

1 small clove of garlic

2 ml salt

10 ml olive oil

1 ml cumin

**Method:**

1. Combine all ingredients in blender and blend for 3 to 5 minutes. May need to add water. Blend until smooth.
2. Serve with hot pita bread.