

HUMMUS 101

You can use canned or cooked, dried chickpeas. If using canned chickpeas, rinse and drain well before using.

Combine all ingredients in a food processor or blender until smooth.

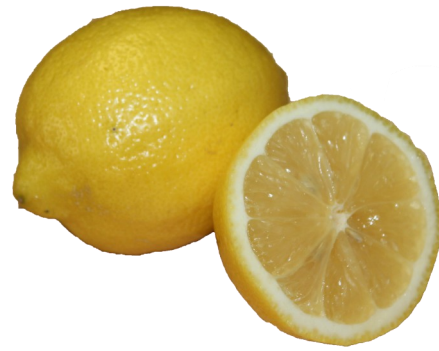
Slowly add water to thin until desired consistency is reached (about 1/4-1/2 cup). Add salt to taste.

Note: for a smoother, store-bought texture, try removing the outer layer of skin from the chickpeas before blending.

BASIC



1 can or
1.5 cups cooked chickpeas



2 tablespoons
lemon juice



1 tablespoon
extra virgin olive oil



1-2 cloves
garlic



1/2 teaspoon
cumin

RANCH



1 can or
1.5 cups cooked chickpeas



1/3 cup
plain Greek yogurt



1 teaspoon
dried parsley



1/2 tsp
garlic powder

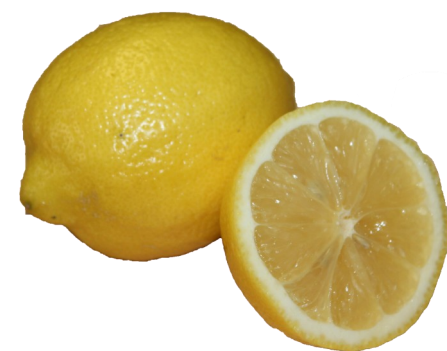


1 teaspoon
dried dill

BUFFALO



1 can or
1.5 cups cooked chickpeas



2 tablespoons
lemon juice



1 tablespoon
extra virgin olive oil



1-2 cloves
garlic



1/4 cup
buffalo or hot sauce