

# Yummy Hummus

## Ingredients



Chickpeas  
19 oz can (540 mL)



Tahini  
(sesame paste)  
 $\frac{1}{4}$  cup (60 mL)



Lemon juice  
 $\frac{1}{4}$  cup (60 mL)



Ground cumin,  
salt and pepper  
 $\frac{1}{2}$  tsp each (2.5 mL)



Plain yogurt  
 $\frac{1}{4}$  cup (60 mL)



Olive oil  
 $\frac{1}{4}$  cup (60 mL)



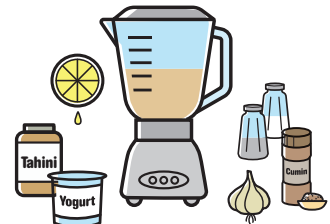
2 garlic cloves  
minced

## Directions

1. In a blender or food processor, puree chickpeas and olive oil.



2. Add tahini, lemon juice, spices, yogurt and garlic. Blend after each addition.



3. Add a little more yogurt or olive oil if the mixture is too thick.



4. Serve with whole-wheat pita wedges, crackers and fresh vegetables for dipping. Makes 3 cups (750 mL).



# Yummy Hummus

## Ingredients



Chickpeas  
19 oz can (540 mL)



Tahini  
(sesame paste)  
1/4 cup (60 mL)



Lemon juice  
1/4 cup (60 mL)



Ground cumin,  
salt and pepper  
1/2 tsp each (2.5 mL)



Plain yogurt  
1/4 cup (60 mL)



Olive oil  
1/4 cup (60 mL)



2 garlic cloves  
minced

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