

The Best Hummus

Ingredients:

- 2 cups garbanzo beans (canned is fine)
- 1/3 cup garbanzo liquid or water
- 1/4 cup tahini paste
- 1/4 cup fresh lemon juice of two lemons
- 4 cloves of garlic crushed
- 1 tablespoon olive oil (optional)
- 1 teaspoon salt

Directions:

Put all ingredients in blender and blend until smooth.

Serve with pita bread or whatever you desire.

Very Good!

Serves: 12-15

Preparation time: 15 min