

Hummus

Ingredients:

3 cloves garlic
2 c. chick peas (garbonzo beans) cooked
1/2 c. water (add more as needed)
1/3 c. tahini
1/4 c. lemon juice
1/4 c. olive oil
1 tsp. salt

Preparation:

Combine in a blender until smooth:
Serve on lettuce leaf as first course with pita bread or use as a spread on crackers or corn chips.