

HUMMUS

1 cup garbanzo beans (dry)

2 TBSP. Olive Oil

Juice of 1 lemon

2-3 TBSP. Tahini butter (sesame butter)

Salt (to taste)

1 garlic clove

Water (amount varies – approx. ½ cup – more, if you like a lighter consistency)

DIRECTIONS:

Soak Beans overnight. Cook beans until tender – approximately 2 to 2 1/2 hours with 1 TBSP. oil and salt. When done, discard remaining liquid. Combine all ingredients in blender and puree until smooth.

Uses:

1. As a dip
2. In a Pita pocket with other vegetables, such as roasted peppers, artichoke, etc.
3. As a topping for crackers, such as Kavli

