

Hummus Recipe

Directions: With the help of an adult, check off the boxes as you go.

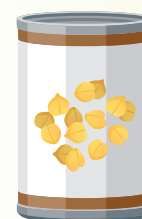
Ingredients



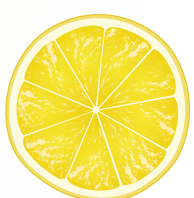
1 (15 oz) can of chickpeas



1/2 teaspoon salt



1/4 cup liquid from can of chickpeas or water



2 tablespoons lemon juice



1/2 tablespoon minced garlic



1/2 teaspoon cumin



1/4 cup Tahini



1 tablespoon olive oil



Directions

Place ingredients into food processor and mix for 5-10 minutes until hummus is thick and creamy.

Enjoy with your favorite crackers, vegetables or pretzels!

Hummus tastes best if used within 14 days.