



Hummas

ingredients

- 1 can organic chick peas, reserve juice
- 6 Tbsp. fresh lemon juice
- 6 Tbsp. tahini paste
- 1 clove garlic
- pinch of salt
- olive oil
- 1 Tbsp. chopped parsley, for garnish
- 1 Tbsp. pine nuts for garnish, optional
- paprika for garnish, optional

directions

- Add all ingredients (except olive oil) to a blend or food processor.
- Add some of the reserved chick pea juice.
- Blend ingredients, adding reserved juice until desired consistency.
- Spread hummus in a flat dish.
- Add olive oil evenly over the top to coat.
- Add chopped parsley