



## Hearty Hummus

Place in blender:

- 1 15-oz. Can garbanzo beans, drained, or
- 2 C Cooked garbanzos
- $\frac{1}{4}$  C Lemon juice
- $\frac{1}{3}$  C Sesame tahini
- 2 tsp Garlic powder *OR*
- 2 Cloves, fresh garlic
- $\frac{1}{2}$  tsp Salt
- $\frac{1}{2}$  C Water

Blend ALL ingredients thoroughly. If you are using a conventional blender and not a stronger machine, such as a Bosch or Vita-Mix, blend recipe one-half at a time. Stop blender. Stir with a spatula. Continue to blend until creamy. Chill.

Makes 3 cups.

### *Serving Suggestions*

- This is a wholesome, versatile, quick, tasty recipe you'll want to eat often.
- Stuff it in a pita pocket with alfalfa sprouts, tomato, and green peppers for a delicious, nutritious sandwich.
- Place a generous scoop of it on your salad and squeeze fresh lemon on top.
- Put on baked potatoes with chives and olives.
- Use as a dip with chips or crackers.
- Stuff it in celery.
- For variety, add a stalk of celery, finely diced; and  $\frac{1}{4}$  cup green onion, finely chopped.