Hummus
Hummus is a traditional Middle-Eastern dish made from garbanzo beans, also called chickpeas, and tahini. It makes an excellent dip for fresh vegetables or a great spread for sandwiches or wraps.

**Ingredients**
- 3 cups cooked garbanzo beans, or 2 cans
- ½ cup sesame tahini
- ½ cup freshly squeezed lemon juice
- ¼ cup extra virgin olive oil
- 2 teaspoons garlic powder or 2 to 3 cloves, crushed
- 1 teaspoon ground cumin
- 1 to 2 teaspoons sea salt or Herbamare, or to taste
- ¼ cup bean cooking liquid or water to desired consistency

**Directions**
1. Place all ingredients into a food processor and process until smooth and creamy.
2. Your will want to taste the hummus to see if it needs more lemon, or tahini, garlic, or salt. Also add more water for a thinner consistency and process again. Hummus freezes very well.

Makes about 4 cups

*The Whole Life Nutrition Cookbook* by Alissa Segersten and Tom Malterre