



EASY HUMMUS

Ingredients (1 1/2 cups)

1 can (19 oz/ 540 ml) chickpeas
3 tbsp lemon juice
2 tbsp canola or olive oil
1 tsp ground cumin
2 garlic cloves, chopped or crushed
salt and pepper to taste

Ingredients (5 cups)

3 cans (19 oz/ 540 ml) chickpeas
9 tbsp lemon juice
6 tbsp canola or olive oil
3 tsp ground cumin
6 garlic cloves, chopped or crushed
salt and pepper to taste

Directions

- Drain chickpeas. Place in blender or food processor.
- Add garlic, cumin, lemon juice and canola (or olive) oil.
- Blend or process until smooth. Add a small bit of water, if needed.
- Add pepper to taste.