

## The Best Hummus

### Ingredients:

3 large cloves of garlic

Two 15 ½-ounce cans of chickpeas (garbanzo beans), drained and rinsed

¼ cup tahini

¼ cup fresh lemon juice

1 ¾ teaspoons salt

½ teaspoon ground cumin

½ cup extra virgin olive oil

### Method:

Chop garlic in food processor. Add chickpeas and puree until they're almost smooth. Add tahini, lemon juice, salt, and cumin. With the machine running, slowly add the oil until it is fully incorporated the hummus is creamy. Taste and add more seasoning or lemon juice as needed. Serve with warm or grilled pita wedges.

Happy Eating!

Sharon

[www.thefunctionalweirdo.wordpress.com](http://www.thefunctionalweirdo.wordpress.com)