

Hummus



Fresh from the garden: lemons

Equipment: <ul style="list-style-type: none">• Sharp knife• Food processor• Measuring cups and spoons• Juicer• Microplane	Ingredients: <ul style="list-style-type: none">• 3 cans of chickpeas, drained and rinsed• 6 to 8 tbsp. water• 6 tbsp. extra virgin olive oil• 3 tbsp. lemon juice• 3 garlic cloves grated using a microplane• 2 tsp. ground cumin• 1/2 tsp. salt
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What to do:

1. Add the chickpeas, 6 tablespoons of water, olive oil, lemon juice, garlic, cumin, and 1/2 teaspoon of salt to a food processor.
2. Process until smooth and creamy. If needed, add additional water to thin out the hummus. Taste the hummus and add more seasoning if needed.
3. Serve in small bowls with a serving spoon in each.