
Homemade Hummus

Ingredients

1 can	Chickpeas
1	Lemon (or 1/4 cup lemon juice)
2 tbsp	Tahini (sesame seed paste)
2 cloves	Garlic
1/2 tsp	Ground cumin
1/2 tsp	Salt
1/2 tsp	Pepper
1/4 cup	Plain yogurt
2 tbsp	Olive oil

Equipment

Can opener	Colander
Blender	Measuring utensils
Knife	Cutting board
Rubber spatula	Medium-large size bowl

Directions

1. Open the can of chickpeas. Use the colander to drain and rinse with cold water.
2. Pour the chickpeas into the blender or food processor.
3. Peel the garlic cloves and trim off any dry, brown ends. Put them in the blender.
4. Blend the garlic and chickpeas until smooth and pureed.
5. Cut the lemon in half and squeeze the juice from both halves in.
6. Add the remaining ingredients and blend until smooth.
7. Use the spatula to scrape the hummus out into a medium bowl.
8. Enjoy! Serve with veggies or pita or use as a spread for wraps or sandwiches.

Makes: 2 cups of hummus

Source: Adapted from *Busybodies* resource, Nutrition Resource Centre, Feb '07.