

Hummus

1. 15 oz canned chickpeas
2. 1 oz lemon juice (less like $\frac{1}{2}$ a lemon)
3. 2 oz tahini
4. 1 oz garlic
5. 2 T Olive Oil
6. 1 t salt
7. $\frac{1}{2}$ t cumin
8. 1 $\frac{1}{4}$ oz water or juice from can
9. Paprika and olive oil for garnish

1. In the bowl of a food processor, add tahini and lemon juice. Let the processer run for 1 minutes, scraping sides as needed so everything is incorporated.
2. Add two tablespoons of the olive oil, garlic, cumin and salt and process some more.
3. Add chickpeas and puree until smooth.
4. Adjust seasoning, put in serving dish and garnish with olive oil and paprika.

Hummus Double



1. 30 oz canned chickpeas, 2 cans
2. 2 oz lemon juice (1 lemon)
3. 4 oz tahini
4. 2 oz garlic
5. 4 T Olive Oil
6. 2 t salt
7. 1 t cumin
8. 2 1/2 oz water or juice from can
9. Paprika and olive oil for garnish

1. In the bowl of a food processor, add tahini and lemon juice. Let the processer run for 1 minutes, scraping sides as needed so everything is incorporated.
2. Add two tablespoons of the olive oil, garlic, cumin and salt and process some more.
3. Add chickpeas and puree until smooth.
4. Adjust seasoning, put in serving dish and garnish with olive oil and paprika.