



Hummus

*An exotic blend of healthy stuff that tastes great on bagels,
as a vegetable dip, or on vegetarian sandwiches.*

Puree in Food Processor for 3 to 4 minutes:	4 Cups Garbonzo Beans, cooked and drained 2 tsp Cumin 2 tsp Salt 1/2 Cup Minced Garlic 1 Cup Olive Oil
Then slowly Add:	15 oz Tahini (Sesame Butter) 1 1/2 Cup Lemon Juice

Hints: Blend in food processor until thoroughly mixed. Slowly add half of the Lemon Juice (3/4 Cup) before Tahini, then slowly add second half of lemon juice (3/4 Cup) after the Tahini. This recipe is for an 11 Cup food processor.