



Hummus

1 can chick peas
1/4 cup tahini (optional)
Drizzle of olive oil
1-3 cloves garlic based on preference
Juice of 1/2 lemon or a splash of vinegar
Salt and pepper to taste

Flavoring options: fresh or dried herbs, another vegetable (such as a roasted beet, sweet potato, steamed carrots), hot sauce or fresh chili peppers, citrus zest, dried spices

Add all ingredients to a blender or food processor. Blitz until it reaches your desired consistency. Season to taste and serve as a dip, on a sandwich or wherever else! Enjoy!