Hummus

INGREDIENTS:

2 - 12.5oz cans of chickpeas (garbanzos), drained  
¼ cup olive oil  
¼ cup water  
2-3 cloves garlic, finely minced  
1 tablespoon ground cumin or paprika  
Juice of 1 lemon  
Salt and pepper, to taste

To dip: various seasonal vegetables, e.g. green beans, broccoli, cauliflower, peppers, carrots, celery, cucumber, snap peas, etc. or Pita Bread

DIRECTIONS:

1. Wash hands with soap and warm water before beginning recipe.

2. Combine all ingredients in a food processor, or use an immersion blender and a container with high sides, to puree until ingredients are incorporated and hummus is smooth.

3. To serve, slice and chop various seasonal vegetables, dip with pita bread or dollop on top of your Mediterranean Power Bowl. Enjoy!