

HUMMUS

1 can garbanzo beans, drained, with the liquid reserved

2 tbs. olive oil

1 tsp. cumin

2 tbs. tahini

½ tsp. salt

1 large clove garlic, minced

juice of a lemon

2 tbs. of the reserved garbanzo bean liquid

Using a food processor, mix all ingredients together. If necessary, add a bit more of the reserved liquid to thin hummus to your desired consistency.