

# Hummus Recipe - Yum :-)

## GOAL/OUTPUT:

Makes 4-5 servings of hummus

## INGREDIENTS:

- 10 cups of chickpeas
- Garlic
- $\frac{1}{3}$  cup of tahini
- Fresh lemon juice (from 1 lemon)
- Salt, just a pinch of salt
- Olive oil

## INSTRUCTIONS/STEPS:

- 1 Soak and boil 3 cups of chickpeas until soft. Go watch your favorite television show while they boil. Then let them cool.
- 2 Peel the chickpeas by placing them under running water and removing the skins.
- 3 Puree the chickpeas in a food processor until the mixture is smooth.
- 4 Add tahini, lemon juice, and salt to the chickpea mixture.
- 5 Refrigerate the mixture until it cools and serve.

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