

Hummus Recipe - Yum :-)

GOAL/OUTPUT:

Makes **3-4 servings** of hummus

INGREDIENTS:

- **3 cups** of chickpeas
- **2 cloves** of garlic
- $\frac{1}{3}$ cup of tahini
- **2 tablespoons** of fresh lemon juice
- **1 teaspoon** of salt
- Olive oil

INSTRUCTIONS/STEPS:

- 1 Soak and boil the **3 cups** of chickpeas by boiling them for **two hours**. Let cool in the refrigerator for **twelve hours**.
- 2 Peel the chickpeas by placing them under running water and removing the skins.
- 3 Puree the chickpeas in a food processor for **ten minutes**.
- 4 Add $\frac{1}{3}$ cup of tahini, **2 tablespoons** of lemon juice, and **1 teaspoon** of salt to the chickpea mixture.
- 5 Refrigerate the mixture for **two hours** and serve.

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