

# Hummus

## Ingredients:

3 cloves garlic  
2 c. chick peas (garbonzo beans) cooked  
1/2 c. water (add more as needed)  
1/3 c. tahini  
1/4 c. lemon juice  
1/4 c. olive oil  
1 tsp. salt

## Preparation:

Combine in a blender until smooth:  
Serve on lettuce leaf as first course with pita bread or use as a spread on crackers or corn chips.