

Hummus

INGREDIENTS

2 c. Garbanzo beans
2 t. Tahini
3 cloves garlic, minced
2 T. Lemon juice
½ c. Extra-virgin olive oil
Kosher salt (to taste)
½ t. Cayenne pepper

PROCEDURE

Place all ingredients except olive oil in a food processor and pulse until smooth. Drizzle in olive oil and blend until smooth. ENJOY!

NOTE FROM KENNY:

Tahini is an emulsion made from ground toasted sesame seeds and is available in most grocery stores.

