Hummus

2 cups cooked garbanzo beans
1 clove garlic
2 tablespoons tahini
2 tablespoons lemon juice
2 tablespoons parsley
Salt and pepper

Combine garbanzo beans, garlic, tahini, lemon juice and parsley in a blender or food processor and blend until smooth. Add salt and pepper to taste and add water to thin as needed.

Serve with pita, crackers, or fresh vegetables.