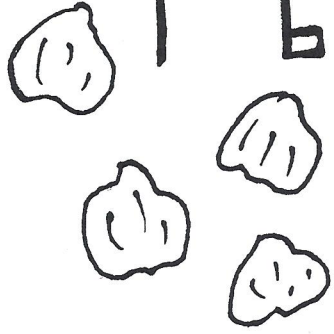


# HUMMUS



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.

