

# Homey Hummus

**Here's a great holiday recipe of a favourite chickpeas-based dip or spread!**

Serve with pita or whole wheat bread and plenty of fresh vegetables. Yields about 4 cups / 1 L

**4 cups / 1 L cooked chickpeas**

**½ cup / 125 ml lemon juice**

**½ cup / 125 ml tahini**

**¼ cup / 60 ml olive oil**

**3 cloves garlic**

**salt and pepper to taste**

Place in blender along with one of the options in the next column. Purée in blender or food processor until smooth.

## **Option 1:**

2 tblsp fresh basil or fresh parsley

## **Option 2:**

1 lg roasted green or red sweet pepper

2 tblsp low sodium soy sauce

1 tsp crushed hot chillies, more or less to taste

1 tsp ground cumin

*Taken from Simply in Season by Mary Beth Lind & Cathleen Hockman-Wert*