**Classic Hummus**



**Ingredients:**

Servings: 6-8

1, 15 oz. can chickpeas, rinsed and drained

2 cloves garlic, peeled

3 Tbsp tahini

1-2 Tbsp lemon juice

2 Tbsp olive oil

½ tsp ground cumin

Salt and pepper to taste

¼ cup water, or more if needed

**Directions:**

1. Place all of the ingredients (except for water) into a food processor or blender.
2. Blend until smooth. Add in water and blend until desired consistency is reached.
3. Enjoy!

Interested in learning more about nutrition and health? Call the Wellness Center at 255-4444 and schedule an appointment one of our dietitians.