

Hummus

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Ingredients

2 cups chick peas (garbonzo beans)
1/4 cup water
1/4 cup fresh lemon juice
4 cloves garlic, sliced
3 tablespoons tahini
3 tablespoons olive oil
2 tablespoons chopped fresh parsley

Directions

Mix all ingredients in blender until it forms a smooth and rich consistancy. Serve with a variety of vegetables, such as carrot sticks and celery sticks or pretzles.