

Hummus

SERVINGS: 5

PREP TIME: 12 MIN

COOKING TIME: 0 MIN

Ingredients

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1, 2 or 3 cloves garlic chopped
1 can chickpeas
¼ C olive oil
¼ C mayo
½ C tahini
1T lemon juice
1 tsp salt
½ tsp pepper
½ tsp cumin
¼ tsp cayenne
¼ tsp turmeric

Instructions

- **Prep Ingredients:**
- Chop garlic cloves
- Drain and rinse chickpeas
- Add all the ingredients to the blender
- Blend for a few minutes
- If too thick add a little ice water, a small bit at a time