Homemade Hummus

Serves approximately 20 children.

Ingredients

- 2 – 19 oz (540 ml) cans chick peas (garbanzo beans), drained and rinsed
- 250 ml (1 cup) plain yogurt
- 2 cloves garlic, minced
- 45-60 ml (3-4 tbsp) lemon juice
- 5 ml (1 tsp) ground cumin (optional)
- 5 ml (1 tsp) salt
- 60 ml (¼ cup) vegetable or olive oil

Instructions

1. Blend all ingredients in a blender or food processor until desired consistency is reached (you can add a little water if it is too thick to blend).
2. Serve as a dip with vegetables, whole wheat pita bread or as a sandwich spread.