

Abernethy Kitchen Hummus
yield approximately 2.5 cups

1- 15 oz can garbanzo beans
juice 1/2 small lemon
5 T tahini
1.25 oz olive oil
1 small clove garlic
4-5 T water
salt and cumin to taste
(approx 1/2 t each)

Puree all ingredients in a food processor.

Enjoy with fresh vegetables or warm pita.

Consider modifying the recipe to your tastes, with ingredients like roasted garlic or roasted red bell peppers.