

Homemade Hummus

Blend *hummus*, a creamy Middle Eastern dip made from garbanzo beans.



Yield: 6 servings

Ingredients



1 (15 oz) can
garbanzo beans



1 tsp
kosher salt



2 Tbsp
tahini



2 Tbsp
olive oil



2 Tbsp
cold water



1 lemon



1 clove
garlic



pita bread,
for serving

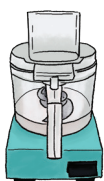
Tools



colander



measuring spoons



food processor



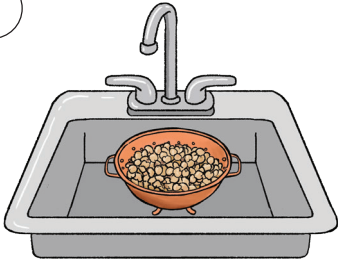
juicer



spatula

Steps

1



Drain and rinse garbanzo beans.

2



Add garbanzos, salt, tahini, olive oil, and cold water to food processor.

3



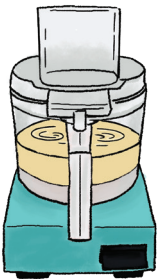
Cut lemon in half and juice. Measure 3 Tbsp juice and add to food processor.

4



Smash and peel garlic. Add to food processor.

5



Blend 2-3 minutes, until very smooth.

6



With help from an adult, transfer hummus into serving bowl. Serve with sliced pita. TASTE & SHARE!