



CHICKPEA HUMMUS

"Forget the store bought, DIY hummus is the best!"

INGREDIENTS:

- 1 c. **Garbanzo Bean Flakes (501550)**
- 1 c. water
- 1 t. lemon juice
- 2 T. olive oil
- 1 clove garlic
- ½ t. salt
- 2 T. tahini or (2 drops sesame oil)
- ½ t. cumin (*optional*)
- 2 additional garlic cloves (*optional*)
- roasted red peppers (*optional*)
- Sriracha (*optional*)
- 2 T. mustard (*Greek style - optional*)

DIRECTIONS:

1. In a food processor combine **Garbanzo Bean Flakes (501550), water, lemon juice, olive oil, garlic clove, salt and sesame oil (tahini).**
2. Blend until smooth and creamy.
- Try additional flavors by adding an optional ingredient.
3. Refrigerate.