

Garlic Hummus

Ingredients:

- 3 cloves garlic, minced
- 1 (15-ounce) can garbanzo beans (chickpeas), drained
- 1/4 cup olive oil
- 1 tablespoon lemon juice
- (Optional) 2 tablespoons tahini
- (Optional) 1–3 tablespoons water



Directions

1. Add garlic, beans, olive oil, lemon juice, and tahini (optional) to a blender or food processor and process for 1 minute.
2. Turn off the blender and scrape sides down with a spatula. Blend until smooth, adding a little water if mixture is thicker than desired.
3. Pour into small dish and serve with crackers or baby carrots.

Makes 8–10 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.