

Yummy Healthy Hummus Recipe

- ½ tsp. of ground cumin
 - 1 tsp. Salt
 - 6 tbsp. Fresh lemon juice
 - ¼ cup of fresh parsley
 - 3 med. cloves of garlic
 - 19 oz. Can of chick peas (drained and rinsed)
 - 1/3 cup olive oil
 - ½ -1/3 cup of water (depends on thickness desired)
 - ½ cup of tahini
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- Food process the garlic, parsley, lemon juice first
 - Put in rest of ingredients and blend till smooth