

Hummus

Steve Harlow, 2 people

Prep 5 mins, Cook 5 mins

Ingredients

- Lemon Juice, 1 lemon○
- Cumin, $\frac{1}{2}$ teaspoon○
- Tahini, 2 tablespoons○
- Chick peas, 1 can (drain the water)○
- Extra Virgin Olive Oil○
- Salt○
- Roasted Peppers (from a jar)○

Instructions

1. Blend the lemon juice and tahini first. This makes the hummus creamier.
2. Blend the remainder of the items.