

Hummus

Steve Harlow

Prep 5 mins, Cook 5 mins

Ingredients

- Lemon Juice — 1 lemons ○
- Cumin — 1/2 teaspoon ○
- Tahini — 2 tablespoons ○
- Chick peas — 1 cans, no 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.