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<!DOCTYPE html>
<html lang="en" dir="ltr">

<head>
  <meta charset="utf-8">
  <title>HTML TAGS FORMATTING</title>
</head>

<body>
  <h1 style="font-size:3vw" align="center">HUMUS</h1>
  <hr>
  <pre>
    Quick hummus recipe
    This recipe makes quick, tasty hummus, with no messing.
    It has been adapted from a number of different recipes that I have read over the years.
    Hummus is a delicious thick paste used heavily in Greek and Middle Eastern dishes.
    It is very tasty with salad, grilled meats and pitta breads.
  </pre>

  <blockquote cite="https://www.webmd.com/diet/hummus-recipe-and-benefits">
    <p><em>Hummus</em> that creamy dip that hails from the Middle East, has a reputation as
a clean, healthy food.
    It deserves it.
    All the main ingredients are super foods in their own right.
    It's got chickpeas, sesame paste (tahini), garlic, and <strong>olive oil in most traditional
versions. </strong>
    <p>Matthew Carter says, <q>Hummus never change.</q></p>

  </blockquote>
  <hr />
  <a href="https://www.youtube.com/watch?v=EtU2f0qrGrY&t=29s">
  <a href="https://www.webmd.com/diet/hummus-recipe-and-benefits" target="_blank"><br
/>Hummus Recipe</a>
  <br /><a href="mailto:gloria.delacruz@adamson.edu.ph">Send email to the Author</a>

  <ul><mark>Ingredients:</mark>
    <li>1 can <sub>(400g)</sub> of chick peas (garbanzo beans) </li>
    <li>1 can <sup>(400g)</sup> of chick peas (garbanzo beans) </li>
    <li>Half a red pepper </li>
    <li>A pinch of cayenne pepper </li>
    <li>1 clove of garlic A dash of olive oil </li>

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<p>

<mark>Instructions:</mark>

Remove the skin from the garlic, and chop coarsel

Add all the ingredients into a food processor

Process all the ingredients into a paste If you want a coarse "chunky" hummus, process it for a short time

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For a different flavor, you could try blending in a small measure of lemon and coriander, chili pepper, lime and chipotle, harissa and mint, or spinach and feta cheese.

Experiment and see what works for you. Storage Refrigerate the finished hummus in a sealed container.

You should be able to use it for about a week after you've made it.

You should be able to use it for about a week after you've made it. If it starts to become fizzy, you should definitely discard it.

If you want a smooth hummus, process it for a longer time

<dl>

<dt>Humus</dt>

<dd>

is the dark organic matter in soil that is formed by the decomposition of plant and animal matter.

It is a kind of soil organic matter. It is rich in nutrients and retains moisture in the soil.

Humus is the Latin word for "earth" or "ground".

Hummus is suitable for freezing; you should thaw it and use it within a couple of months

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<time datetime="2023-03-03">03-March-2023</time>

</html>