

<!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>

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<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.

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<blockquote cite="https://www.webmd.com/diet/hummus-recipe-and-benefits">

<p>Hummus 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 olive oil in most traditional versions.

<p>Matthew Carter says, <q>Hummus never change.</q></p>

</blockquote>

[](https://www.youtube.com/watch?v=EtU2f0qrGrY&t=29s)

[
Hummus Recipe
Send email to the Author](https://www.webmd.com/diet/hummus-recipe-and-benefits)

- Ingredients:**

- 1 can ^(400g) of chick peas (garbanzo beans)

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- Half a red pepper

- A pinch of cayenne pepper

- 1 clove of garlic A dash of olive oil

<p>

- Instructions:**

- 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

- Remove the skin from the garlic, and chop coarsel

- 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

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<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>

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