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<!DOCTYPE html>
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< m eta charset="utf-8">
<title > H T M L T A G S F O R M A T T I N G < /title >
< / h e a d >
< b o d y >
< h 1 style = "font-size:3 v w " a lign = "center" > H U M U S < / h 1 >
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<
    Quick hum mus 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.
  < blockquote cite = "https://www.webmd.com/diet/hummus-recipe-and-benefits">
  <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 superfoods in their own right.
   It's got chickpeas, sesame paste (tahini), garlic, and < strong > o live o il in most traditional versions.
</strong>
   M atthew Carter says, <q>Hummusnever change.
  </br>
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<hr/>/> <im g border="5" alt="Hum m us"</pre> src = "https://encrvptedtb n 0 . g static . c o m /im a g e s? q = tb n : A N d 9 G c R tx 4 x s T I 3 4 9 U 5 7 Z Q y D Y 5 W a X U I m 1 T 5 S b h i _ Y A & u s q p = C A U " width = "100" height = "100" < /a > <a h ref="https://www.webmd.com/diet/hummus-recipe-and-benefits" target="_blank">
HummusRecipe

Send em ailto the Author u l><m ark>In gredients:</m ark> 1 can _(400g) of chick peas (garbanzo beans) 1 can ^(400g) of chick peas (garbanzo beans) Halfared pepper A pinch of cayenne pepper 1 clove of garlic A dash of olive oil > < m ark > In structions:</m ark > 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" hum mus, process it for a short tim e 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. Experim ent and see what works for you. Storage Refrigerate the finished hum musin a sealed

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 hum mus, process it for a longer time

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

container.

< d >
< d t> H u m u s < / d t>
< d d >
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.
<pre> Humus is the Latin word for "earth" <im <="" g="" src="https://encrypted -</pre></td></tr><tr><td>tb n 0 . g static . c o m /im a g e s ? q = tb n : A N d 9 G c R 1 Y F v O 1 h b 8 C P V 5 B j 6 b 5 Q r U K I u h F y U K E i J N h Q & u s q p = C A U " td=""></im></pre>
alt="earth" width="100" height="100" />or "ground".
 Hum m us is suitable for freezing; you should thaw it and use it within a couple of m onths
<tim datetim="" e="2023-03-03">03-M arch-2023</tim>

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