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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.
  <bloom>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 super foods in their own right.
   It's got chickpeas, sesame paste (tahini), garlic, and <strong>olive oil in most traditional versions.
</strong>
   Matthew Carter says, <q>Hummus never change.</q>
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<a href="#startA">Top</a>
 <mark>Ingredients:</mark>
  1 can <sub>(400g)</sub> of chick peas (garbanzo beans) 
  1 can <sup>(400g)</sup> of chick peas (garbanzo beans) 
  Half a red pepper 
  A pinch of cayenne pepper 
  1 clove of garlic A dash of olive oil 
 >
 <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
  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</li>
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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