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1  <!DOCTYPE html>
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4  <head>
5    <meta charset="utf-8">
6    <title>HTML TAGS FORMATTING</title>
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8
9  <body>
10   <h1 style="font-size:3vw" align="center">HUMUS</h1>
11   <hr>
12   <pre>
13     Quick hummus recipe
14     This recipe makes quick, tasty hummus, with no messing.
15     It has been adapted from a number of different recipes that I have read over the years.
16     Hummus is a delicious thick paste used heavily in Greek and Middle Eastern dishes.
17     It is very tasty with salad, grilled meats and pitta breads.
18   </pre>
19
20   <blockquote cite="https://www.webmd.com/diet/hummus-recipe-and-benefits">
21     <p><em>Hummus</em> that creamy dip that hails from the Middle East, has a reputation as a clean, healthy food.
22     It deserves it.
23     All the main ingredients are super foods in their own right.
24     It's got chickpeas, sesame paste (tahini), garlic, and <strong>olive oil in most traditional versions.</strong>
25     <p>Matthew Carter says, <q>Hummus never change.</q></p>
26   </blockquote>
27
28   <hr />
29   <a href="https://www.youtube.com/watch?v=EtU2f0qrY&t=29s"></a>
30   <a href="https://www.webmd.com/diet/hummus-recipe-and-benefits" target="_blank"><br />Hummus Recipe</a>
31   <br /><a href="mailto:gloria.delacruz@adamson.edu.ph">Send email to the Author</a>
32   <a href="">
33   <a href="">
34   <a href="">
35

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HUMUS

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.

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.**

Matthew Carter says, "Hummus never change."



[Hummus Recipe](#)

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Ingredients

- 1 can ^(400g) of chick peas (garbanzo beans)
- 1 can ^(400g) of chick peas (garbanzo beans)
- Half a red pepper
- A pinch of cayenne pepper
- 1 clove of garlic A dash of olive oil