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Quick hummus recipe This recipe makes quick, tasty humus, 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>
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 Matthew Carter says, <q> Hummus never change. </q> 
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<mark> Ingredients:</mark>
1 can <sub>(400g)</sub>of Chickpeas (garbanzo beans) 
1 can <sup>(400g)</sup>of Chickpeas (garbanzo beans) 
Half a red pepper 
A pinch of cayenne pepper 
1 clove of garlic 
A dash of olive oil
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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 andd retains moisture in the soil.

Hummus is the latin word for "earth"<img

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

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