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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.

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<blockquote cite = "https://www.webmd.com/diet/hummus-recipe-and-benefits">
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<p><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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<p> Matthew Carter says,<q>Hummus never change.</q></p>

</blockquote>

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<a href="https://www.youtube.com/watch?v=ygFErOfHWDY"></a>

<a href = "https://www.webmd.com/diet/hummus-recipe-and-benefits" target="\_blank"></br> Hummus Recipe</a>

</br><a href = "mailto: shanley.vanesca.arcilla@adamson.edu.ph"> Send email to the Author</a>

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<a href = "https://www.w3schools.com/"> </br>Link to Homepage</a>

<ul> <mark> Ingredients:</mark>

<li> 1 can <sub>(400g)</sub>of Chickpeas (garbanzo beans) </li>

<li> 1 can <sup>(400g)</sup>of Chickpeas (garbanzo beans) </li>

<li> Half a red pepper </li>

<li> A pinch of cayenne pepper </li>

<li> 1 clove of garlic </li>

<li> A dash of olive oil</li>

</ul>

<p>

<ol> <mark>Instructions: </mark>

<li>Remove the skin from the garlic, and chop coarsely </li>

<li> Remove all the seeds and stalk from the pepper, and chop coarsely </li>

<li>Add all the ingredients into a food processor </li>

<li> Process all the ingredients into a paste If you want a coarse "chunky" hummus, process it for a short time </li>

<li>If you want a smooth hummus, process it for a longer time </li>

<li> 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.</li>

<li>Storage Refrigerate the finished hummus in a sealed container. </li>

</ol>

<dl>

<dt> Hummus </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 andd retains moisture in the soil.

Hummus 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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