

Hummus

2.5 oz *Garbanzo beans, dry.*

$\frac{1}{4}$ t. *Baking soda.*

2 T. *Lemon juice.*

$\frac{1}{2}$ t. *Salt.*

2 clvs. *Garlic.*

$\frac{1}{4}$ c. *Tahini.*

1 T. *Ice water.*

$\frac{1}{4}$ t. *Cumin.*

- *Simmer garbanzo beans in water with baking soda until completely mushy (~90 minutes).*
- *Smash garlic, put in blender, add lemon juice and salt and soak for 10 minutes.*
- *Add tahini to blender and blend until the mixture is smooth.*
- *Drizzle in ice water.*
- *Add cooked garbanzo beans and cumin.*
- *Blend until smooth.*
- *Season with additional salt if needed.*