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<!DOCTYPE html>
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<html lang="en" dir="ltr">
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<head>
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<meta charset="utf-8">
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<title>HTML TAGS FORMATTING</title>
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</head>
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<body>
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```
<h1 style="font-size:3vw" align="center">HUMUS</h1>
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<pre>
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    Quick hummus recipe
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    This recipe makes quick, tasty hummus, with no messing.
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    It has been adapted from a number of different recipes that I have read over the years.
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    Hummus is a delicious thick paste used heavily in Greek and Middle Eastern dishes.
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    It is very tasty with salad, grilled meats and pitta breads.
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</pre>
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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.
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    It deserves it.
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    All the main ingredients are super foods in their own right.
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    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>
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</blockquote>
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<a href="https://www.youtube.com/watch?v=EtU2f0qrGrY&t=29s">/a>

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

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

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

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

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

<li>Half a red pepper </li>

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

<li>1 clove of garlic A dash of olive oil </li>

</ul>

<p>

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

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

<li>Experiment and see what works for you. Storage Refrigerate the finished hummus in a sealed container. </li>

<li>You should be able to use it for about a week after you've made it.</li>

<li>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.</li>

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

</ol>

<dl>

<dt>Humus</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 and retains moisture in the soil.

<br />Humus is the Latin word for "earth" or "ground".

<br />Hummus is suitable for freezing; you should thaw it and use it within a couple of months

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<time datetime="2023-03-03">03-March-2023</time>

</html>