



# hummus

## SERVINGS

about 12

## TIME

20 minutes

## INGREDIENTS

- 1 15oz can chickpeas, drained and rinsed
- $\frac{3}{4}$  teaspoon salt
- 1 clove garlic, roughly chopped
- $\frac{1}{2}$  teaspoon cumin
- 3 tablespoons freshly squeezed lemon juice
- $\frac{1}{4}$  cup tahini (ground sesame seeds)
- $\frac{1}{4}$  cup olive oil

## EQUIPMENT

- Food processor
- Spatula
- Can opener
- Juicer or you can use your hands
- Measuring cups and spoons
- Cutting board and knife

## TIPS TO INVOLVE THE KIDS

- Wash your hands and designate an area to get a bit messy.
- Let kids do the measuring and especially the juicing. Kids LOVE to squeeze a lemon.
- Try tasting the ingredients individually and then again as a whole recipe at the end.

## EXTRA!

- If you have extra lemon juice, add a few drops to your water to flavor it. Or add a slice!
- Serve the hummus with our flat bread or your favorite veggies.

## DIRECTIONS

- Place the chickpeas, salt, garlic, and cumin in a food processor and process for about 15 seconds until a paste forms. Scrape down the sides as needed.
- Add lemon juice and process again for another 15 seconds.
- Add oil and tahini and process again. If the mixture is too thick, add 1-2 tablespoons of water and process.

