

## Hummus Recipe

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<b>Total time:</b>	<b>5 Minutes</b>	<b>Level:</b>	<b>Yield:</b>
Prep time:	5 Minutes	Easy	4-6
Cook time:			



### Ingredients

- 1/4 Cup Yogurt
- 1 15oz or 16oz can Garbonzo Beans (chick peas)
- 1/2 Cup Tahini (sesame seed paste)
- 1/2 Cup Lemon Juice
- 2-3 Cloves of Garlic
- 1/2 Tsp of Salt
- 1/4 Tsp citric acid (if you need more lemon taste)
- 2 Tbs water (if to thick)
- 3-4 Fresh Mint Leaves (for taste)
- 2 Tbs of Fresh Parsley (for garnish)
- 1 Tsp of Cayenne Pepper or Paprika (for garnish)
- 1/4 Cup of Olive Oil (for garnish)

### Directions

In a food processor, first add the garbonzo beans, garlic, lemon juice and salt, blend until smooth. Next add, yogurt, tahini, water and mint leaves. Optional, if your consistency is the way you want, but you want more lemon flavor, add citric acid to enhance the flavor. Spread the hummus in a nice plate and garnish with parsley, cayenne pepper and olive oil, serve with pita bread, crackers or vegetables.

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