

HOMEMADE HUMMUS

Ingredients

1 can (19 oz/540 mL)	chickpeas, drained
1	lemon, (or ¼ cup lemon juice)
2 cloves	garlic
½ tsp.	ground cumin
½ tsp.	salt
½ tsp.	pepper
¼ cup	plain yogurt
2 tbsp.	olive oil

Directions

1. In a food processor or blender, puree the chickpeas.
2. Add lemon juice and blend.
3. Continue adding each ingredient and blending until all the ingredients have been added.
4. Serve with vegetable sticks or on sandwiches and wraps.
5. Enjoy!

Makes 2 cups

Source: Recipe adapted from "Busybodies" - creative food and play ideas for you preschoolers (ages 3-5). Nutrition Resource Centre, February 2007.

