

Hummus Recipe

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Description

Hummus or hummus bi tahini (Arabic: ḥummuṣ) also spelled hamos, houmous, hommos, hommus, hummos, hummous or humus) is a dip or spread made of blended chickpeas, sesame tahini, lemon juice, and garlic.

In Arabic the word hummus is used to describe the dish or just chickpeas by themselves. The full name of the dish is hummus bi tahina (Arabic: ḥummuṣ bi tahīn) "chickpeas with tahini". Hummus is popular in various local forms throughout the Middle Eastern world.

Recipe

1/4 Cup Yogurt

1 Can Garbanzo 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"

Mix first 9 ingredients and blend until smooth and to desired thickness. Garnish with parsley, cayenne pepper and olive oil.