Twin Bridges Nurse Practitioner-Led Clinic Clinique dirigée par du personnel infirmier praticien TWIN BRIDGES

## Homemade Hummus

## Ingredients:

(15 ounce) can chickpeas, drained, liquid reserved
1 clove garlic, crushed
2 teaspoons ground cumin
1/2 teaspoon salt
1 tablespoon olive oil

## Directions:

- 1. In a blender or food processor combine garbanzo beans, garlic, cumin, salt and olive oil.
- 2. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved.

