

# Hummus

## INGREDIENTS

2 cans organic garbanzo beans

Juice of 1 lemon

3 tablespoons virgin olive oil

3 cloves of crushed garlic

3/4 teaspoon of ground cumin

1/4 teaspoon of ground cayenne or 1  
teaspoon of serrano pepper (optional)

Salt and pepper to taste

A few sprigs of flat parsley or cilantro,  
chopped.



## Directions

Place all ingredients, except for 1 tablespoon of the oil, into a chopper or blender. Scoop into a 1" deep plate and with a spoon form a small well for the remainder of the oil. Garnish with cilantro or flat parsley and serve on slices of Jicama, zucchini, whole grain crackers or pita bread.