



## Easy Hummus

### Ingredients:

16 oz. can chickpeas, drained  
2 tbsp liquid from can  
4 tbsp Soom tahini  
juice from 1/2 a lemon  
2 garlic cloves, crushed and chopped  
1/2 tsp salt (or to taste)

### Directions:

Blend together (blender or food processor), adjusting seasoning to your taste.