

DIRECTIONS

Appetizer for 6; 30 minutes

Make Flavor Base

In a food processor, blend together tahini, liquid from chickpeas, lemon juice, lemon zest, garlic and cumin until smooth and thoroughly mixed together.

Add Chickpeas, Finish

Add chickpeas to processor and blend until creamy and a dip consistency is achieved. If necessary, add water to thin mixture. Salt to taste. Let rest 20 minutes for flavors to meld. Garnish with a drizzle of extra virgin olive oil and a sprinkle of smoked paprika. Serve with grilled or toasted pita bread cut into wedges.

OPTIONS:

Hummus is a universal dip that works well with breads and crackers as well as fresh vegetables.

INGREDIENTS

2/3 C **Tahini Sauce**

2 **Lemons**
zest and
juice only

1 tsp **Cumin**

1 clove **Garlic** finely minced

1 Can (15 oz)
Chickpeas & Liquid
strained
separated

FOR GARNISH
Smoked Paprika
Extra Virgin Olive Oil

FOR SERVING
6 to 8 **Pitas**
grilled or toasted
cut into wedges

