

Homemade Hummus

Ingredients:

- 1 (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.