

Extra easy Hummus!

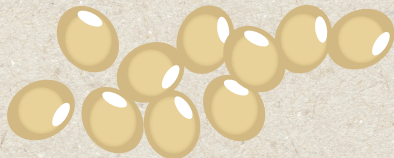
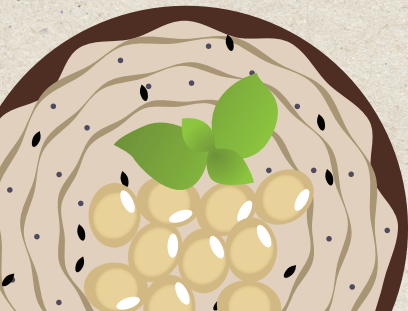
Ingredients:

- 15 ounces (1 can) chickpeas (garbanzo beans)
- 1 clove garlic
- 2 teaspoons dried cumin
- 1/2 teaspoon salt
- 1 tablespoon olive oil

Preparation:

1. Strain chickpeas, reserving liquid.
2. Combine all ingredients in food processor.
3. Blend at a low speed. Gradually add reserved bean liquid until hummus reaches desired consistency.

Source: allrecipes.com/recipe/extra-easy-hummus/



Boost! Kitchen programming is sponsored by

Hamilton Beach

