

Gayle's Hummus

Hummus is so delicious and such a healthy dip and spread alternative. By making it at home, you can control the amount of oil you add based on your personal preference and even add in another clove of garlic like Gayle does.

Ingredients:

16 ounce can of chick peas

½ lemon, juiced

1 clove garlic

¼ cup tahini

2 tablespoons olive oil

½ teaspoon salt

Cayenne pepper to taste

Directions:

Drain chick peas and reserve ¼ cup liquid; squeeze the juice from the lemon. Put everything in a food processor until smooth. You can change the cayenne with cumin or add whatever you like.