

## **Hummus**

15 oz can Chick peas-smashed- aka Garbanzo Beans, use a food processor (for all ingredients).

3-4 cloves fresh garlic (YUM!!!)

2 tablespoons Olive oil

Lemon juice approx 2 tablespoons, to taste (might need more, he doesn't measure)

2 full tablespoons Tahini

You can add tomatoes if you want. Serve with crackers or pita bread. Mix together or eat separately. It's delicious!