

Tahini Free Hummus

<p>Equipment:</p> <p>Sharp knife Food processor Measuring cups and spoons Lemon squeezer Can opener</p>	<p>Ingredients:</p> <p>3 cans of chickpeas, drained and rinsed 6 to 8 tbsp. water 6 tbsp. extra virgin olive oil 3 tbsp. lemon juice 3 garlic cloves minced 2 tsp. ground cumin 1/2 tsp. salt</p>
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What to do:

1. Add the chickpeas, 6 tablespoons of water, olive oil, lemon juice, garlic, cumin, and 1/2 teaspoon of salt to a food processor.
2. Process until smooth and creamy. If needed, add additional water to thin out the hummus and 1/4 teaspoon of salt to your taste preference.
3. Serve in small bowls with a serving spoon in each. Enjoy!

Note: Tahini is a delicious ingredient made from crushed sesame seeds. It is often used in a Hummus recipe. Unfortunately, it is not used in a nut free kitchen, such as a school kitchen.

Note: As this is a very simple recipe, students will have time to assist the group making the Lebanese bread. This may mean either rolling the bread out or frying the bread.