

Recipe from Chef Giselle:

# Hummus

*Makes about 4 cups*

## Ingredients

4 15oz cans of chickpeas, drained and rinsed  
2 tsp fresh garlic, grated (about 2 cloves)  
2 Tbsp lemon juice (about 1 lemon)  
1 tsp ground cumin (optional)  
½ cup water  
1 cup olive oil  
salt, to taste  
pepper, to taste  
carrot sticks or your favorite veggie

## Procedure

In a food processor, blender, or using an immersion blender, combine the chickpeas, garlic, cumin (if desired), lemon juice, and water. Puree the chickpea mixture while slowly adding the olive oil. Season with salt and pepper. Taste and adjust seasoning with garlic, lemon juice, or salt as desired. Serve with your favorite veggie sticks.

