



## Basic Hummus Recipe

A quick and easy recipe that makes a healthy snack...

- *from Denise's Kitchen*

### Ingredients:

2 (15 oz) cans of organic chickpeas (garbanzo beans), drained  
4 tbsp of freshly squeezed organic lemon juice  
4 tbsp of organic sesame tahini  
2 tsp of organic minced garlic  
2 tsp of sea salt  
2/3 cups of water

### Directions:

Combine all ingredients in a high-speed blender and chop/mix/puree until smooth. Scoop into a glass bowl & serve with your favorite organic, non-GMO tortilla chips (as shown in photo). This recipe makes enough for a small gathering. It's simple & so delicious!