



**Recipe**

**Hummus with Pita Points**

**Category**

Cocktail Hour Snack

**Description**

Chick Peas, tahini, lemon and garlic blended together til creamy and served with hot-out-of-the-oven pita triangles



**Servings**

8

**Ingredients**

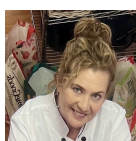
1.00	Can	Garbanzo Beans	16 oz can, save a few whole beans for garnish
6.00	T	Lemon Juice	Use 4 - 6 T
3.00	T	Tahini	Critical
1.00	Clove	Garlic	Crushed
1.50	t	Salt	to taste
1.00	T	Olive Oil	also extra for garnish
2.00	T	Liquid from Garbanzo	Add only as much as needed
1.00	Pkg	Pitas	for serving (or Pita Chips or Crackers or
1.00	T	Olive Oil	for garnish
		Smoked Paprika	Sprinkle for garnish
		Pita Points	for serving
		Celery	cut into sticks, for serving
		Carrots	peeled and cut into sticks, for serving
		Rice Crackers	if Gluten Free
		Red Bell Pepper	Optional - for roasted pepper hummus (see

**Instructions**

Drain chickpeas (aka Garbanzo Beans), reserving liquid from can.

Remove the little membrane from the chick peas and discard the membranes.

Combine shelled chick peas, lemon, tahini, garlic, salt and olive oil in blender or food



processor. Pulse a few times to combine.

With food processor or blender running gradually add 1/8 - 1/4 cup of liquid from chickpeas until you've reached the desired consistency. Err on the side of less because you can always add touch more if it's too stiff, but you don't want the hummus too runny!

Blend for 2 - 3 minutes until thoroughly mixed and smooth. If you like it really smooth, blend longer, if you like it a little more rustic, not as long,

Place in serving bowl, and create a shallow well in the center of the hummus. Add a small amount of olive oil and/or hot sauce in the well. Garnish with a sprinkle of paprika.

Serve with pita bread toasted under the broiler (sprinkle pitas with olive oil, garlic powder and salt before broiling), or cover and refrigerate.

Hummus can be refrigerated for up to 3 days, and can be frozen for a couple of weeks. IF you freeze it, just defrost in the fridge overnight before serving. No one will ever know it was in the freezer!

If you like roasted red pepper hummus, roast yourself a red bell pepper (or buy them in the jar) and add to the rest of the ingredients. This does add a bit of liquid, so you may need less aquafaba (chick pea juice).