

No-oil Hommous

Ingredients:

2 cups cooked or canned low- or no-salt chick peas (if using home-cooked, retain cooking liquid; if using canned, retain canning liquid)

2 tbsp tahini

1-3 cloves garlic, to taste

1 tsp cumin

juice of 1-2 lemons, to taste

Method:

Place all ingredients in food processor or high-powered blender and blend until very smooth, adding chick pea cooking or canning liquid as required to reach desired consistency.