

Hummus

1 can chick peas, drained
1/4 cup tahini (sesame paste) or peanut butter
1 clove garlic, minced
1/4 cup or more lemon juice
Salt & Pepper to taste

Put all ingredients in food processor & blend - can be made chunky or smooth, whatever texture you wish. You can add a little equal or Splenda or sugar for some sweetness. For variation, dill or a pinch of cayenne may be added - enjoy!

Spread on crackers, or for a low fat alternative cut up pita bread into wedges and bake in a 350 degree oven for ten minutes or until crisp, can also be used as a filling for sandwiches. This is a good and economical source of protein.