

## Recipe

Hummus

## By

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## Ingredients

2 cups cooked chick peas  
3 tbsp lemon juice  
2 tbsp chopped cilantro leaves  
4-6 tbsp olive oil  
½ cup water  
½ cup tahini/ sesame paste  
2 tsp brown sugar  
1 tsp hing  
½ tsp black pepper  
1 tsp salt  
¼ -½ tsp chili powder

## Preparation

Mix all ingredients well in a blender.

If it gets too dry, add more water or olive oil.

If you do not have tahini, peanut butter can be substituted (it tastes as good as it is made of tahini).

Sprinkle some cilantro leaves or chili powder on top and serve cold.

You may use hummus as a spread with your bread, crackers, or veggies such as celery sticks, baby carrots, broccoli flowers, cauliflowers, bell pepper strips, and so forth.

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