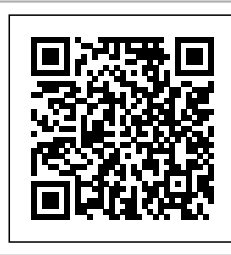


# Hummus



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Recipe by: Laura Vitale

*Makes About 2 Cups*

**Prep Time: minutes**

**Cook Time: minutes**

## Ingredients

- 2 15 oz cans of Chickpeas, drained and rinsed
- 2 Cloves of Garlic
- Juice of 1 Large Lemon
- 2 Tbsp of Fresh Parsley
- 2 Tbsp of Tahini
- Salt and Pepper to taste
- 3 to 4 Tbsp of Extra Virgin Olive Oil

1) Add all your ingredients besides the oil in a food processor and pulse until coarse.

2) Scrape the sides of the food processor and with the motor running, stream in the olive oil and pulse until you get the consistency you like.

