



Original House Hummus

3 C Cooked Garbanzo Beans 6 Tbsp Water

5 Tbsp Olive Oil

3 1/2 Tbsp Lemon Juice

2 1/2 Tbsp Tahini 4 Tbsp Garlic

3/4 tsp Salt

1 1/2 tsp Parsley

Mix all ingredients together in a blender and serve. Refrigerate.

Spinach & Artichoke Hummus

Original Hummus plus: 2 C Spinach

8 Artichokes pieces

Black bean, Spinach & Artichoke Hummus

To above two recipes add 2 cups cooked black beans