

Hummus

This kid-friendly hummus recipe is always a hit at garden cooking lessons and a great way to get kids snacking on raw veggies.

Ingredients:

- 1 can (15 oz) garbanzo beans, drained and rinsed
- 1 clove garlic
- ¼ cup olive oil
- 2 Tbsp fresh lemon juice
- salt and pepper to taste

Directions:

In a blender or food processor, puree the garbanzo beans, garlic, lemon juice, olive oil, salt and pepper until smooth. Add additional olive oil or water for desired consistency.

