Hummus

Ingredients:
16 ounces chickpea or garbanzo beans, canned
1/4 cup liquid saved from beans
4 tablespoons lemon juice, or one large lemon
1 1/2 tablespoons tahini, or 2 tablespoons peanut butter
1/4 teaspoon garlic powder or 2 cloves garlic, crushed
1/2 teaspoon salt
2 tablespoons olive oil
4 pita breads, whole-wheat, split and toasted

Equipment:
Blender or bowl with potato masher
Colander
Measuring cups
Measuring spoons
Baking sheet

Number of Servings: 10
Prep Time: 10 minutes
Total time: 10 minutes

Directions
1. Preheat oven to 350ºF.
2. Separate pita bread rounds into one layer, and cut into 8 wedges. Bake for 10 minutes until brown and crisp.
3. Open garbanzo beans and place in a strainer or colander under running water to rinse salt away. Allow water to drain away after rinsing.
4. Add to a blender container or bowl.
5. Add remaining ingredients to blender or bowl. Blend or mash for three to five minutes until smooth.
6. Pour into a serving bowl, and serve immediately with pita bread, or cover and refrigerate.