



Everything but the Bagel Hummus

INGREDIENTS

½ cup Tahini
¼ cup Olive Oil
2 Garlic Cloves; rough chopped and mashed
2 (15-oz) cans of Chickpeas; rinsed
¼ cup freshly squeezed Lemon juice
¼ cup of Water
½ tsp Salt
2-3 TBS Everything but the Bagel seasoning

DIRECTIONS

In a food processor, combine the tahini and olive oil. Pulse until smooth. Then add garlic, chickpeas, lemon juice, water and salt. Process until smooth. Add more water, salt or lemon to taste. Transfer to bowl and fold in Everything But The Bagel seasoning. Refrigerate to let tastes meld together. Makes 10 servings; 200 calories each.