

## Four Seasons Hummus

### Ingredients

3 Cans Organic Chickpeas (we use the Ceres brand)

4 Tblsp Tahini

1 tsp Salt (adjust to personal taste)

1 tsp Cumin (adjust to personal taste)

1 cup water (adjust to desired consistency)

### Procedure

Drain and rinse the chickpeas with cold water to remove the brine.

Place into food processor with tahini, salt, cumin and water.

Blend until creamy, this can take up to 5 minutes.

