**Basic Hummus**

**Ingredients**

1 15-ounce can chickpeas or garbanzo beans  
2 cloves fresh garlic, minced  
1/4 cup sesame tahini  
1/3 cup lemon juice  
1/4 teaspoon cayenne

**Directions**

1. Drain the chickpeas, saving the juice. Dump the beans into the food processor or blender (beans can also be mashed with a fork).

2. Add the remaining ingredients and blend until smooth. If the mixture is too thick add some of the bean juice; blend until it reaches the desired consistency.

Makes 10 servings

**Nutrition information per serving**

(2 tablespoons):

92 calories, 4g fat, 3g protein