

HUMMUS
with
Garlic and Ginger
Serves 12

Garbanzo beans (Chick peas)	1 16oz can
Garlic cloves	2 large
Fresh lemon juice – to taste	4-6 tbsp
Lemon zest	½ lemon
Olive oil	2 tbsp
Ginger, dry	1 tsp
Tahini	¼ cup
Soy sauce	1½ tsp
Ground cumin	½ tsp
Cayenne	“pinch”
Salt	½ tsp
Plain yogurt (unsweetened)	½ cup
Pita bread.	1 pkg
Parsley - flat leaf	½ bunch

Place all ingredients in a food processor and process until smooth.
Serve on pita bread with flat leaf parsley and sliced cucumber.