

HUMMUS

- 1 clove garlic, minced
 - 1 large lemon
 - 1 (15.5 oz.) can garbanzo beans
 - ¼-½ cup warm water
 - 2 Tablespoons low-fat plain yogurt
 - 2 Tablespoons olive oil
 - 1 teaspoon salt
 - ¼ teaspoon ground black pepper
 - cumin to taste
-

1. Peel and chop garlic.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In a colander, drain and rinse beans.
4. Add garlic, lemon juice, beans, and remaining ingredients to blender.
5. Blend until creamy, adding water to adjust thickness.
6. Add cumin to taste.

Adapted from *Cooking Matters for Kids*.

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