

## **Heavenly Hummus**

1 can of chickpeas, rinsed and drained  
2 cloves fresh garlic, crushed  
3 tbsp tahini  
¼ cup fresh squeezed lemon juice  
¼ cup extra virgin olive oil  
¼ cup water  
1 tsp cumin  
hot sauce to taste

Combine all ingredients in a food processor and blend until smooth.