



HUMMUS

2 Cups of Cooked Chick Peas - (1 Cup Dried)	Dash of Cayenne Pepper
1/3 Cup Diced Cooked Carrot	1-3 Minced Garlic Cloves
1/3 Cup Carrot Cooking Water	1/4 Tsp. Salt
3 Tbsp. Lemon Juice	1/4 Cup Olive Oil
1/3 Cup of Tahini (Sesame Butter)	1 Tbsp Soy Sauce
	1 Tsp. Ground Cumin

1. Puree the cooked chick peas in a blender with the other liquid ingredients.
2. Add the rest of the ingredients a little at a time, and blend again after each batch until smooth.
3. If you don't have a blender, mash the chick peas with a potato masher and blend in other ingredients with a fork.
4. Serve as a dip with veggies or crackers. (I've been told it's also good on toast.)