

## **Hummus**

### ***Ingredients***

- 1 - 15 oz can Chickpeas, rinse & drain
- ¼ c Water
- 1 clove garlic, crushed
- 1 tbsp Lemon Juice
- Salt & Pepper to taste

### ***Directions***

1. Blend all ingredients until smooth
2. Serve

Serving Size 15