



# HUMMUS SANDWICH SPREAD & VEGGIE DIP

Program 231038

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## YOU WILL NEED:

- 3 16-oz cans of garbanzo beans/chickpeas, drained (set aside liquid for later)
- 2 teaspoons garlic, minced
- juice of 3 lemons
- $\frac{3}{4}$  cup roasted tahini
- $\frac{1}{4}$  cup olive oil
- 1 teaspoon salt or salt to taste
- 1 cup chopped walnuts or pine nuts
- garnish with sliced black olives and paprika

## DIRECTIONS:

1. Combine all ingredients in a large bowl.
2. Puree in small batches in a food processor or blender until smooth. If it is too thick, use the liquid from the garbanzos to get the desired consistency.
2. Keep refrigerated until ready to use. This freezes well.