Hummus 2 ways
Herb hummus
1 can of chickpeas
1/2 cup of basil leaves finely chopped
1/2 a cup of parsley leaves finely chopped
2 tablespoons of olive oil
A clove of garlic
1/3 cup of tahini
Blend all ingredients together and serve in a small bowl, accompanied with some fresh vegetable crudités - celery, carrot, snow peas

Avocado hummus
1 can of chickpeas
1 ripe avocado
2 dashes of Tabasco
2 tablespoons lime juice
1/4 cup of finely chopped chives
1/4 teaspoon smoked paprika
Blend first 5 ingredients together then place in a small bowl sprinkled with paprika,
Serve with fresh vegetable crudités