

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 crudité

Add juice of 1 lemon  
or lime to the  
hummus.

then place in a small bowl sprinkled with paprika,  
and serve with vegetable crudité