**CLassic Hummus**

**INGREDIENTS:**
- 1 clove garlic
- 1 large lemon
- 1 (15.5oz) can garbanzo beans
- 1/2 cup warm water
- 2 tbsps. low-fat plain yogurt
- 2 tbsps. canola oil
- 1 tsp salt
- 1/4 tsp ground black pepper

**Optional Ingredients:**
- 1 fresh red pepper, or 3 roasted red peppers from a jar
- Pinch of ground cumin, ground cayenne pepper, or red pepper flakes

**Serves:** 10, 1/4 cup per serving

**MATERIALS:**
- Can opener
- Colander
- Cutting board
- Measuring cups
- Measuring spoons
- Sharp knife
- Small bowl

Find more recipes online at: [www.gcfcfb.org/recipes_resources](http://www.gcfcfb.org/recipes_resources)
1. Peel and chop garlic.

2. If using fresh red pepper, rinse, remove core and seeds, and mince now. Or mince jarred roasted peppers.


4. In a colander, drain and rinse beans.

5. Add garlic, lemon juice, beans, and remaining ingredients to blender.

6. If using optional spices, add now. Blend until creamy and well mixed.

7. If using, top hummus with minced red pepper.