**PEA HUMMUS**

**Ingredients:**
- 1 cup of peas (fresh, frozen or canned)
- 1 clove of garlic
- ½ cup canned chickpeas (drained and rinsed)
- ¼ tsp salt
- 1 tbsp olive oil
- ⅛ tsp black pepper

**Directions:**
1. If using canned peas, first drain and rinse; or thaw frozen peas
2. Mix everything in a food processor or a blender.
4. If the mixture is too thick add more water or olive oil until desired consistency.

Find more online at: www.gcfb.org/recipes_resources
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