

HUMUS DIP

1 15 oz. can garbanzo beans
½ cup tahinni (ground sesame seeds)
2 cloves garlic, pressed or minced
1 t. salt
scant ¼ c. fresh lemon juice
scant ¼ c. olive oil
scant ¼ c. water

Blend all in the food processor or blender. Serve with pita bread or vegetables. Sesame seeds are rich in omega 6.