

EPS Café Hummus

Preparation time:	Cook time: This is a no cook recipe!
Number of Servings: 6	Serving Size: ¼ cup
Ingredients: <ul style="list-style-type: none"> • 15 oz can garbanzo beans • 1 tbsp + 2 tsp vegetable oil • 1 tbsp + 2 tsp lemon juice • 1 ¼ tsp minced garlic • ½ tsp cayenne pepper • ½ tsp salt • ¼ cup of ranch dressing 	Kitchen tools needed: <ul style="list-style-type: none"> • Potato masher, blender, or food processor • Large bowl • Mixing spoon • Strainer • Measuring spoons • Measuring cups • Knife • Can opener
Directions: Rinse garbanzo beans with cold water and drain in strainer. Place all ingredients in blender/food processor on medium until smooth. (If you use a potato masher – place all wet ingredient in the large bowl and mash the beans until smooth and then stir in dry ingredients). Best served cold. Store leftovers in the refrigerator for up to 7 days.	
Variations: Double the lemon juice and garlic for an extra kick! Serve with vegetable slices, crackers or your favorite flat bread! Hummus also makes a great spread for wraps or sandwiches.	