

# Dr. Brandy Ferguson's Hummus Recipe

This has been my go-to recipe for a simple, delicious, and nutritious hummus that goes well with your favorite fresh veggies. With just a few ingredients and a food processor or blender, you can whip this up in minutes!

I serve this with sliced up yellow, orange, and red bell peppers, or the baby version of these, sliced cucumber, and even carrots. One of my favorite meals to serve this with is chicken souvlaki with tzatziki sauce, Greek salad, and homemade pita bread.

## Ingredients:

- 1 can organic chickpeas (also called garbanzo beans)
- 2 tablespoons organic, extra-virgin olive oil
- juice of 1 lemon
- 2 fresh garlic cloves (peeled)
- 2 tablespoons tahini
- sea salt to taste

## Instructions:

Place all ingredients in a food processor and pulse until smooth. Enjoy!