

There's Hummus Amongus

Mix in food Processor or Blender

One can chick peas (If you are on a salt restricted diet, you can buy salt-free chick peas or after rinsing, soak in bowl of fresh water in fridge for 1/2 to 1 hour. Rinse again before using to further reduce salt).

Grind chick peas with about ¼ cup water to a paste in food processor or blender.

Add 1/3 cup tahini to chick peas and blend.

Roast (or sautee in olive oil) 3-5 small cloves (5 minutes in toaster oven at 300°)
Add to mixture and blend.

Add juice of 1 large or 2 small lemons.

For flavoring: Add 1 Tbs of one or more of the following for variation and extra pizzazz –
Chopped parsley, Cilantro, Ms. Dash (herb&garlic), Roasted green or red bell pepper
Or Pinches of Cracked black pepper, hot red or chile pepper.

Enjoy in small amounts. It is high in fat, though very low in saturated fat.

One 1 oz. serving contains:

Calories	Protein	Fat	Sat. Fat	% Fat/Cal	Fiber	Sodium	Calcium
53	2.4 g.	2.8 g.	.4 g.	50%	1.3 g.	80 mg.	26 mg.

Date “Honey” Spread

Dried Date pieces are best (e.g., Sunkist) but whole pitted dates can be used

Put 8 oz dried dates in blender

Add 4 oz (1/2 cup) water

Blend on medium speed until fully mixed

Add less water for thicker spread, more for thinner.

Enjoy!

