

**HUMMUS**

Here’s a compliant hummus recipe. I make this every couple of weeks. It is great when you can’t be bothered to make a salad before dinner. A bunch of dipping vegetables and this hummus really takes the edge off your hunger and fills you up.

**Ingredients:**

· 1 ½ cups of chickpeas, either precooked or one small can, rinsed

· ¼ cup filtered water

· 1 Tbs. ground flax seed

· 1/3 cup fresh lemon juice

· 2 cloves garlic, lightly chopped

· 1 Tbs. red curry paste (I buy Thai Kitchen brand which comes in a small jar in the Asian food section of the supermarket.)

1. Put all the ingredients in a food processor, blender or Veggie Bullet. Blend until smooth. Use a tablespoon or two of water to thin it out if it is too thick.

2. Put it in a 2-cup glass container with a lid. The rest can go in a 1-cup container. This is the container you will serve the hummus into and wash daily. Use a clean spoon to serve from the main container to your daily container to stop contamination. This is so the hummus lasts longer without going off.

3. It easily lasts for a week or two. It will thicken up slightly as the days go by.

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