

Humus

1 can Garbanzo beans rinsed and drained
2 cloves garlic
1/4 cup lemon juice
1/2 teaspoon minced garlic
3 Tablespoons Tahini (bought at Natural Groceries)
1 Tablespoon Olive Oil
1 teaspoon sea salt
1 teaspoon cumin
1/4 cup water

Process in the food processor until smooth

<http://www.lincolntent.com/GFCF-Sauces.html>