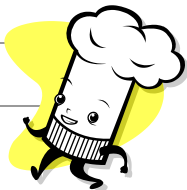

Hummus Dip or Spread

6/14/2011 Weight Watchers meeting (recipe #1 of 2)



Ingredients:

- 1 Cup chickpeas, drained
- 2 Teaspoons dark sesame oil (refrigerate after opening)
- 2-3 Tablespoons fresh lemon juice
- To taste Garlic, real, minced

Directions:

Mash chickpeas in food processor. Add other ingredients. Process until the consistency you like.

Batch is 6 PPV

Serving suggestion: Spread half on a flax or whole wheat wrap. Add lettuce and other vegetables.