



Homemade Hummus

1 15 ounce can of chickpeas, drained, with juice reserved

1/4 cup of chickpea juice

The juice of one lemon or more to taste

1 large clove of garlic

2 tablespoons olive oil (or more to taste)

2-tablespoon Tahini paste (or more to taste)

Blend all ingredients in a food processor or blender for three minutes or until creamy.

Once done I scoop into bowls, sprinkle with a pinch of Montreal STK Blend seasoning and drizzle with a good EVOO, fresh lemon juice, and then add your choice of whole shelled pistachios, pan roasted pine nuts, chopped apricots, chopped olives, chopped roasted peppers or....experiment!