

A decorative border of silver forks is arranged in a wavy line across the top of the page. The forks are of various sizes and orientations, some pointing left and some right, creating a rhythmic pattern.

# Dinah's Kitchen

## Hummas

- 1 15 ounce can chickpeas -drained and rinsed
- 1 clove garlic -minced
- 1/2 teaspoon salt
- Dash cayenne Pepper
- 3 tablespoons fresh lemon juice
- 1/4 cup Tahini
- 1/4 cup Olive Oil
- 1/4 cup water

Blend all ingredients in food processor until desired consistency.  
Transfer to bowl and let flavors meld for 30 minutes.