

Hummus

What you'll need:

- 1 - 19 ounce can chick peas
- 2 heaping tbsp minced garlic
- 1 1/4 tbsp lemon juice
- 2 tbsp ground red pepper flakes
- 3 tsp ground cumin
- food processor

Drain and rinse your peas then dump them in the food processor with the lemon juice, garlic, cumin and half the red pepper flakes. Turn on the processor and wait. It will all become creamy and delicious.

Once thoroughly mixed place in a bowl and garnish with remaining pepper.

Enjoy!