

## ***Hummus***

1 14 ounce can low-salt garbanzo beans  
2 tablespoons tahini  
1-3 cloves of garlic (depending on tolerance), chopped roughly  
½ teaspoon cumin  
2 pinches cayenne  
5 grilled artichokes, packed in oil (optional)  
Juice of ½ lemon  
2 tablespoons olive oil  
Sea salt

1. Place garbanzo beans with half of their liquid in a food processor. Add tahini, garlic, spices, juice of half lemon, and grilled artichokes. Process until desired consistency.
2. Add 2 tablespoons oil and process until incorporated. Taste.
3. Add salt and serve.