



POSTCARDS FROM Buster

INGREDIENTS

- 3 cups canned chickpeas (1 28 oz. can), drained and rinsed
- 2 large cloves of garlic, peeled and crushed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoons ground cumin
- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- ½ cup water
- pinch of chili pepper (optional)
- 1 teaspoon paprika

UTENSILS

- Blender
- Spatula
- Shallow bowl

Hummus



- 1 Check with a grown-up and wash your hands before you begin.
- 2 Put all the ingredients in a blender (except the water and paprika.)
- 3 Use the puree setting on the blender to mix everything until it is smooth and creamy. If it's too thick, turn off the blender, and drizzle in a little water (up to ½ cup) and puree again until it's the right texture for dipping.
- 4 Turn off the blender and wait until it has completely stopped. Use a spatula to scrape all the hummus into a shallow bowl.
- 5 Drizzle a little bit of olive oil over the top, and sprinkle it with paprika.
- 6 Clean up the kitchen before you dig into your yummy hummus dip—or as I call it, yummus!

Note: Be careful of food allergies.
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MEMO
