**Hummus**

1 can of garbanzo beans

2 cloves of garlic diced

1 lemon squeezed

¼ cup of tahini (ground sesame paste)

Salt

Rinse hummus beans. Put in blender and add all ingredients. Blend until a smooth paste. Salt to taste. If a little thick, add some lemon juice.

Put out into bowl and drizzle with olive oil.

Eat with pita bread, freetos, carrots, or anything you like.