Roasted Garlic Hummus
Cheap, Fast, and Healthy – February 2014

Ingredients:
- 1 – 15 oz. can garbanzo beans
- $\frac{1}{4}$ to 1 cup water
- 1 tablespoon ground garlic
- $\frac{1}{2}$ tablespoon lemon or lime juice
- 1 tablespoon olive oil
- $\frac{1}{2}$ tablespoon ground oregano

Directions:
1. Place all ingredients in the blender in the order listed, using the smaller amounts.
2. Start the blender on low and proceed to high. If the mixture is too thick, add additional water a little at a time. Turn up to the highest speed and blend for a few seconds until hummus is utterly smooth. If any mistakes occur while blending (such as the texture resembles whip-cream or it is too watery), have a back-up can of garbanzo beans ready to modify the texture. Another solution is to slow-cook the hummus in a pan on medium-heat to reduce the moisture if it becomes too watery.
3. Stop blender and taste the hummus. Add additional seasonings if needed and blend briefly to combine.