

# Beth Emet HomeMade Hummus



- Day or Canned Chickpeas – 1-2 cups

*Please note: If you use dry chickpeas, you should soak them in a lot of water with 2 tablespoons of baking soda for 12 hours prior, followed by cooking them in water for 2 hours. Pro tip- save the water used for cooking.*

- Baking Soda – 1-2 tablespoons
- Tahini – 1 cup
- Lemon Juice – 2-3 tablespoons
- Garlic – 2-3 cloves
- Cumin
- Salt