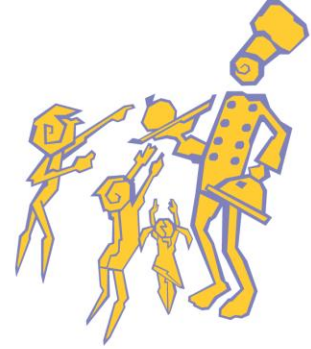




HOSPITALITY INDUSTRY PROFESSIONALS FOR KIDS



Mediterranean Style Hummus

- 80 Ounces of Chick Peas
(Canned May be used)
- 2 Tablespoons Olive Oil
- 1 Tablespoon Lemon Juice (Fresh Squeezed)
- 1 Teaspoon Cumin (Powder)
- TT Kosher Salt
- 1 Teaspoon Garlic (minced fresh or jarred)
- TT Black Pepper Ground (Fresh Preferred)
- TT Tabasco

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TT = To Taste

Creating A World Of Education

DIRECTIONS

1. Drain & Rinse the chick Peas & Puree in a blender with a little water
2. Add all the other ingredients & process until smooth