

# Hummus

1 can	Chick Peas (drained but save the liquid)
1 clove	Garlic, crushed
2 tspn	Cumin, ground
½ tspn	Salt
1 tblspn	Olive oil
1 dspn	Parsley, chopped



Liquidiser  
Measuring spoons



Combine all ingredients and liquidise on slow speed.  
Slowly add the reserved liquid until desired consistency is achieved.  
Sprinkle parsley over when serving.