

Walter's Amazing Hummus Recipe



Ingredients

- 1 can of chick peas
- 1 clove of garlic
- 4 tbsp extra virgin olive oil
- 2 tbsp sesame oil
- 3 tbsp lemon juice
- 1 tbsp apple cider vinegar (he actually uses white but I switched it!)
- 1/4 diced red bell pepper (optional)
- A few hot pepper rings

Directions

Blend everything together in the food processor.

Recipe courtesy of Walter MacDonald.

www.VeggieYogi.com

