



**Prep time:** 5 minutes

**Ingredients:**

- 15-oz. can garbanzo beans (chickpeas), drained, liquid reserved
- 2 garlic cloves, minced
- 1 tsp. ground cumin
- 1 tbsp. olive oil
- ½ tsp. black pepper

**Utensils:**

- measuring spoons
- food processor (you'll need help from your adult assistant)

**Directions:**

1. Combine garbanzo beans, garlic, cumin, salt, and olive oil in a food processor.
2. Blend on low speed, gradually adding reserved garbanzo bean liquid, until desired consistency is achieved.

**Serves:** 6

**Serving size:** 3 tbsp.