****

**Extra Easy Hummus**

**Ingredients:**

15 oz. can garbanzo beans or chickpeas, drained, reserve the liquid

1 clove garlic, minced or ½ teaspoon garlic powder

½ teaspoon salt

2 Tablespoon olive oil

1 teaspoon lemon juice

**Instructions:**

1. Using a fork, mash the beans into a paste and combine with other ingredients. (Use a blender or food processor if you have access.)
2. Add reserved liquid until desired consistency is reached.
3. Serve with fresh veggies and pita bread or combine in a tortilla wrap.