**Hummus**  
(Mediterranean Bean Dip)
- 2 cups cooked garbanzo beans (chickpeas)
- 2 cloves minced garlic (about 1 tsp)
- 1/4 cup lemon juice
- 1 Tbs tahini (sesame paste) or substitute peanut butter (it will taste sweet)
- 2 Tbs olive or canola oil

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and process).
2. Add the garlic, lemon juice, tahini paste or peanut butter and oil. Mix well.
3. Serve as a dip or sandwich filling.

**How to Serve Hummus**
- with fresh raw vegetables
- on a piece of pita bread or flour tortilla
- on any cracker
- as a sandwich filling on toasted bread

**Fruit Smoothie**
- 1 cup lowfat milk
- 1/2 cup frozen fruit

Whirl ingredients in a blender. Add sugar or artificial sweetener to taste.