



taco hummus

- Drain and rinse 1 can of chickpeas.
- Blend chickpeas, $\frac{1}{3}$ cup taco sauce, $\frac{1}{4}$ teaspoon garlic powder and 2 tablespoons olive oil together until smooth.



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tacos con hummus

- Escurre y enjuaga una lata de garbanzos.
- Licúa los garbanzos con $\frac{1}{3}$ de salsa para taco, $\frac{1}{4}$ de cucharadita de ajo en polvo y 2 cucharadas de aceite de oliva hasta que la mezcla esté suave.



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