

EASY HUMMUS WITHOUT TAHINI

Creamy, smooth hummus that requires just 7-ingredients, one bowl and 5 minutes to make!

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Serves: 5

INGREDIENTS:

- 1 15-ounce can chickpeas (garbanzo beans), rinsed and drained
- 1 clove garlic (1/4 tsp minced)
- 1 1/2 tablespoons olive oil
- 1 tablespoons fresh lemon juice
- 1/2 teaspoon cumin
- 2 tablespoons water
- 1 pinch (1/8 teaspoon) paprika



INSTRUCTIONS:

1. Add chickpeas, garlic, olive oil, lemon juice, cumin, and water to a food processor. Blend until smooth and creamy (if needed, add more water one tablespoon at a time and continue blending until it reaches your desired consistency).
2. Transfer to a bowl. Sprinkle with paprika before serving.
3. Serve with fresh veggies (carrots, celery, bell pepper, etc.) for a delicious snack!

NOTES:

For a smoother and creamier texture, remove the skins from the chickpeas by gently pinching them prior to step 1.

NUTRITION INFORMATION:

Serving size: 1/4 cup hummus

Calories: 113 | Fat: 5g | Carbs: 13g | Protein: 4