



Simple Hummus Without Tahini

Adapted from The Wholesome Dish.

YIELDS: 10 SERVINGS

PREPPING TIME: 5 MIN

TOTAL TIME: 10 MIN

Ingredients

- 1 (15 oz.) can garbanzo beans (chickpeas), drained and rinsed
- 2 to 4 tablespoons water
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 3/4 teaspoon ground cumin
- 1/4 to 1/2 teaspoon salt

Directions

1. Add the garbanzo beans, 2 tablespoons of water, olive oil, lemon juice, garlic, cumin, and 1/4 teaspoon of salt to a food processor. Process until smooth and creamy. If needed, add additional water to thin out the hummus and 1/4 teaspoon of salt to your taste preference.
2. Store covered in the refrigerator.



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