

Easy Hummus



Ingredients:

- 15 oz can garbanzo beans, drained and rinsed
- 5-6 medium cloves garlic, peeled and roughly chopped
- 2 Tablespoons lemon juice
- 1/4 cup olive oil
- 1 tsp cumin
- 1/2 tsp paprika, plus more for garnish
- 1/2 tsp cayenne pepper (optional)
- pinch of salt



Directions:

1. Drain and rinse the garbanzo beans.
2. Add the beans and the chopped garlic to the blender.
3. Add the olive oil, cumin, paprika, cayenne pepper, and salt.
4. Blend until creamy and thick. Serve with vegetables, crackers, and pita bread.

Enjoy!