



HUMMUS

MAKES 10 SERVINGS

Ingredients:

- 1 small can chickpeas or garbanzo beans
- $\frac{1}{3}$ c unsalted tahini (sesame seed butter)
- $\frac{1}{2}$ c lemon juice, more or less to taste
- $1\frac{1}{2}$ tsp Himalayan salt
- 1 clove garlic to taste
- $\frac{1}{4}$ tsp cumin

Directions:

Combine all ingredients in a food processor. Transfer to a bowl and sprinkle with paprika. Enjoy with fresh vegetables.