

Easy Hummus

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Recipe serves 5

Prep time 5 minutes



Creamy, smooth hummus that requires just 8 ingredients, one bowl and 5 minutes to make!

Ingredient	Amount
15 oz can of chickpeas	1 ----
Garlic clove	1 ----
Olive oil	1 1/2 tbsp
Fresh lemon juice	1 tbsp
Cumin	1/2 tsp
Water	2 tbsp
Salt	1/2 tsp
Paprika	1/8 tsp

Instructions

1. Add chickpeas, garlic, olive oil, lemon juice, cumin, water, and salt to a food processor. Blend until 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

Notes

For a smoother and creamier texture, remove the skins of the chickpeas prior to step 1

Nutrition Information

Serving size: 1/4 cup hummus | Calories: 113 | Fat: 5g | Carbs: 13g | Sodium: 328mg | Fiber: 4g | Protein: 4g