

# Hummus Recipe

---

By: [Inspiredtaste.net](http://Inspiredtaste.net)



# You Will Need

---

- 15 ounce can of chickpeas or 1 ½ cup of cooked chickpeas
  - ¼ cup of lemon juice
  - ¼ cup of tahini
  - 1 garlic clove
  - 2 tablespoons of olive oil
  - 2-3 tablespoons of water
  - ½ teaspoon of cumin
  - Salt to taste
- Dash of grounded paprika

## How to make it.

In a food processor or high powered blender, combine tahini and lemon juice for about a minute. Scrape the sides and blend again for another 30 seconds. Add the olive oil, minced garlic, cumin, and salt to the tahini and lemon mixture.

Open, drain and rinse the chickpeas. Remove outer skin of the chickpeas. Place half of them into the food processor and blend for 1 minute, scrape the sides and bottom and add remaining chickpeas and blend till smooth about another 1-2 minutes. If too thick, slowly add 2-3 tablespoons of water and blend till the perfect consistency. Once you are ready to serve, add a dash of paprika.