

Homemade Hummus

The following recipe was provided courtesy of Julia of [A Cedar Spoon](#).

Ingredients

- 1 -15 oz. can of chickpeas (garbanzo beans), drained and rinsed
- Juice of 1 lemon
- 1/3 cup tahini
- 1-2 cloves garlic (depending on how much you like garlic)
- 3 Tbsp. extra virgin olive oil (use more for thinner hummus)
- Parsley and paprika, for garnish

Instructions

1. Combine all ingredients in the food processor. Blend for 30 seconds to 1 minute (blend longer for creamier texture). Add an additional small amount of olive oil to thin out the hummus and blend again if you think it is too thick.
2. Place in serving bowl.
3. Garnish with chickpeas, paprika, parsley and a drizzle of olive oil.
4. Serve immediately with fresh, warm pita bread, veggies or cover and refrigerate.

