

# New Hummus

Prep time: 10 minutes

Yield: 2 cups

Serving size: 10

Calories per serving: 70



## Ingredients:

1/2 pound raw garbanzo beans cooked, or 2 can (3 C.) chickpeas, unsalted, drained and rinsed

3 garlic cloves minced

1 tsp. salt

1/4 tsp. cayenne pepper

3 tablespoons lemon juice

1/4 cup tahini

1/4 cup extra virgin extra virgin olive oil

1/2 cup water

## Directions:

Process all ingredients in a food processor until smooth, about 40 seconds.

Transfer the hummus to a serving bowl, cover with plastic wrap, and chill until the flavors meld, at least 30 minutes. Sprinkle with paprika and garnish with parsley

Serve cold with pita chips. May be refrigerated for up to 2 days.