

Super Easy Hummus

Prep 5 m, Ready In 5 m

*Recipe By:*Chelsey

"Super easy hummus that only takes minutes. Great with veggies or pita chips. Really it's great with ANYTHING!"

Ingredients

* 1 (15 ounce) can garbanzo beans, drained, liquid reserved
* 1 tablespoon lemon juice
* 1 tablespoon olive oil
* 1 clove garlic, crushed

* 1/2 teaspoon ground cumin
* 1/2 teaspoon salt
* 2 drops sesame oil, or to taste (optional)

Directions

1. Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.

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