



Basic Hummus

By: HealingStrong

Prep time:	10 min
Cook time:	2 min
Serves:	4 to 6

Ingredients:

- 1 can of Chickpeas, drained and rinsed
- 2 lemons, squeezed or ¼ of lemon juice
- 1 clove of garlic, minced
- ½ cup of Tahini
- ½ tsp of sea salt
- ½ tsp of cumin
- 2-4 tbsp of cold water (as needed)
- 1 tbsp of extra virgin olive oil

Directions:

- In a food processor, blend the chickpeas, lemon juice, garlic, tahini, salt and cumin
- Add in cold water slowly
- With food processor running, slowly drizzle in the olive oil
- Taste and adjust seasonings as desired
- Refrigerate