

Super Easy Hummus



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

By Chelsey

Prep: 5 mins

Total: 5 mins

Servings: 4

Yield: 4 servings



Ingredients

1 (15 ounce) can garbanzo beans,
drained, liquid reserved

1 tablespoon lemon juice

1 tablespoon olive oil

1 clove garlic, crushed

½ teaspoon ground cumin

½ teaspoon salt

2 drops sesame oil, or to taste
(Optional)

Directions

Step 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.

Cook's Note:

I usually end up using about half of the bean liquid, so be sure to reserve it!

Tips

Also, I like to let the flavors blend several hours or overnight before serving this.

Nutrition Facts

Per Serving: 121 calories; protein 3.6g; carbohydrates 16.5g; fat 4.7g; sodium 500.7mg.