

Lori's Hummus

- 3-4 large cloves of garlic
- 4 cans of garbanzo beans, drained and the juice of two cans reserved
- 2 lemons, juiced
- ¼ cup tahini (Lori recommends the “Once and Again” brand.)
- 2-3 Tablespoons olive oil
- ½ -¾ teaspoon paprika
- 1 teaspoon cumin
- Salt to taste

Put the garlic in the bowl of a food processor and pulse to roughly chop it. Add the beans without the juice and pulse again. Add the lemon juice, tahini, and olive oil and process till the beans are smooth and everything is incorporated. Add the spices and enough of the reserved bean juice to give the texture to the hummus that you like.

- Serve with anything that can be dipped.
- Spread it on sandwiches or use in wraps with lots of vegetables.
- Eat it by the spoonful. 😊