

# Chickpea Delight a.k.a. Homemade Hummus



## Ingredients

- 2 cans (15-oz.) no salt added chickpeas (garbanzo beans), drained and rinsed
- 2 Tbsp olive oil, divided
- ½ cup tahini
- 1 ½ tsp salt
- ⅓ cup lemon juice
- 3 cloves garlic
- Pinch of paprika

### Suggested Pairings:

- **Mediterranean:** Serve with whole wheat pita bread, cut up into triangles.
- **Crunchy and Refreshing:** Serve with fresh vegetables, such as carrots, bell peppers, or celery.
- **Salty Snack:** Serve with whole grain pretzels or whole wheat crackers.

## Directions

1. Place all ingredients except paprika in a blender, using only 1 Tbsp olive oil. Blend until smooth.
2. Transfer the hummus into a serving bowl. Drizzle with olive oil and sprinkle paprika over the top for garnish. Serve and enjoy!

## Prep Time

**TOTAL TIME: 10 min**

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