

## Three Minute Hummus



15 oz. can chickpea, rinsed and drained  
¼ cup lemon juice  
¼ cup tahini  
1 clove garlic, minced  
2 tablespoons extra virgin olive oil  
½ teaspoon cumin  
Salt to taste (optional)  
2 to 3 tablespoons water  
Dash of ground paprika, for serving

In food processor add chickpeas, lemon juice, tahini, garlic, olive oil and cumin. Blend for 1 minute until smooth. If it is too thick, slowly add water until it is the right consistency.

Before serving, top with paprika.

Other possible additions are hot sauce, red pepper flakes, bacon, roasted red peppers, bell peppers or onions.

Serve with vegetables, crackers or pita chips.

Recipe submitted by

**Riley Mullen**

Regional Supply Specialist



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