

Home made creamy Hummus

Ingredients:

2 cups canned chickpeas (drained) liquid reserved
1/3- cup tahini (sesame paste)
1/4 cup extra virgin olive oil
2 lemons, freshly squeezed juice (about 6 Tbsp.)
3 cloves garlic
1 tsp. cumin
1 ½ teaspoon kosher salt
2-4 Tbsp. water or juice reserved from the chickpeas
Dash of Paprika



Directions:

Place all ingredients in the bowl of a food processor fitted with a steel blade and process until the hummus is coarsely pureed.

Taste for seasoning and serve chilled or at room temperature.

Garnish:

Coarsely chopped parsley and generous drizzle of extra virgin olive oil