

HUMMUS

Makes 3 cups; recipe can easily be halved.

Ingredients:

2 15-oz. cans of garbanzo beans,
including ¼ c. of reserved liquid

½ c. extra virgin olive oil

¼ c. fresh lemon juice

¼ c. creamy peanut butter

2 tsp. toasted sesame oil

1 tsp. cumin

½ tsp. kosher salt

2 cloves garlic, minced



Paprika

Directions:

- 1) Drain the garbanzo beans, reserving ¼ c. of the liquid. Rinse the beans.
- 2) Put the garbanzo beans, reserved ¼ c. liquid, and all other ingredients a food processor. Process until smooth, scraping down the sides of the food processor as needed.
- 3) Put hummus into a bowl and sprinkle with paprika. Keep hummus refrigerated until ready to serve.

Serve with fresh veggies or in your favorite sandwich.