

## Homemade Hummus

### Preparation Instructions

1. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute. Scrape the sides and bottom of the bowl and then process for an additional 30 seconds. This extra time helps “whip” or “cream” the tahini, which will produce a smooth and creamy texture for the hummus.
2. Add the olive oil, minced garlic, cumin, and 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl, and then process for another 30 seconds or until well blended. Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape the sides and bottom of the bowl and then add the remaining chickpeas and process until thick and smooth: 1 to 2 minutes.
3. Most likely, the hummus will be too thick or will still have tiny bits of chickpea. For a smoother, less thick hummus, turn on the food processor and slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.
4. Taste and adjust salt as needed. Serve the hummus with a drizzle of olive oil and a dash of paprika. Store homemade hummus in an airtight container in the refrigerator for up to one week.

### Ingredients

- 1 (15-ounce) can of chickpeas
- 1/4 cup fresh lemon juice (1–2 large lemons, squeezed)
- 1/2 cup well-stirred tahini
- 1 large clove garlic, minced
- 2 tablespoons (30 mL) extra-virgin olive oil
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 4 tablespoons ice water