



Fresh & Easy Hummus

Prep Time: 10 min

Serves: 6

Ingredients:

- 1 (15 oz) can unsalted chickpeas
- 2 garlic cloves
- juice of 1/2 lemon
- 1/4 cup sunflower seeds or 1 Tbsp tahini*
- 1/2 tsp paprika
- 1 tsp salt
- 1 tsp cumin
- 1/4 cup water
- 1/4 cup olive oil

***You can substitute your favorite nut or seed butter for the tahini**

Instructions:

1. Drain and rinse the chickpeas.
2. Add chickpeas to blender with garlic cloves (peeled), sunflower seeds, and lemon juice.
3. Blend until texture is grainy.
4. Add seasoning, water, and olive oil to mixture and blend until smooth.
5. Serve with your favorite veggies.

