

## Hummus (Chickpea Dip)

**Prime Ingredient is olive oil which Dr. P prefers a high quality, unfiltered type**

1 can (29 oz) Garbanzo beans, drained, reserving  $\frac{1}{2}$  cup liquid from the can  
up to  $\frac{1}{2}$  cup freshly squeezed lemon juice  
 $\frac{1}{4}$  cup Tahini (sesame paste)  
3 tablespoons olive oil  
1 clove garlic, peeled  
1 teaspoon salt  
olive oil & paprika for garnish

In the bowl of a food processor with the motor running, add the garlic to mince. Stop the motor and add the garbanzo beans, the lemon juice, tahini, and salt and blend. While blending drizzle the olive oil. Blend to a smooth puree, adding reserved garbanzo liquid to achieve desired consistency.

Scrape hummus into a container, cover and refrigerate until ready to serve.

When ready to serve, spread hummus onto a shallow plate, swirling top with the back of a spoon. Drizzle olive oil and sprinkle a pinch of paprika over the top.

Serve with pita bread triangles or raw vegetables.

Makes about 3  $\frac{1}{2}$  cups