

Easy Hummus



TOTAL TIME: 20 Minutes



SERVINGS: 6 Servings



INGREDIENTS

- 2 (15.5 ounce) cans garbanzo beans, drained.
- 4 tablespoons lemon juice
- 6 cloves garlic, peeled and crushed
- 3 tablespoons tahini
- 1/4th teaspoon crushed red pepper

INSTRUCTIONS

Place garbanzo beans in a food processor and blend into a spreadable paste. Mix in lemon juice, garlic, tahini and crushed red pepper. Blend until smooth, using more lemon juice if consistency is too thick.