Easy Hummus Without Tahini

***Serves 18-20***

**Ingredients:**

* 1 ½ cans (30 oz.) chickpeas, rinsed
* 2 cloves garlic, minced
* 60 mL olive oil
* 40 mL lemon juice
* 7 mL cumin
* 60 mL water (use more as needed)
* 5 mL salt
* 1 mL paprika

**Instructions:**

1. Drain chickpeas into a colander and rinse well.
2. Add chickpeas, garlic, olive oil, lemon juice, cumin, water, and salt into a food processor. Blend until smooth and creamy (if needed, add more water one spoonful at a time and continue blending until it reaches desired consistency).
3. Transfer to a bowl. Sprinkle with paprika before serving. Serve with carrot sticks.

**Notes:**

Nutritional Information:

Serving size: 1/4 cup hummus | Calories: 113 | Fat: 5g | Carbs: 13g | Sodium: 328mg | Fiber: 4g | Protein: 4g