

## Dr. Jenn's Hummus

### **What you will need:**

- 2 cups canned garbanzo beans, drained
- 1/3 cup tahini
- ¼ cup lemon juice
- 1 tsp salt
- 2 cloves garlic, halved
- 1 tablespoon olive oil
- 1 pinch paprika
- 1 tsp minced fresh parsley

### **What to do:**

- Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.
- Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

**Enjoy!**