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# Easy Hummus Dip

Serves: 8 | Prep time: 5 minutes

## Ingredients

- 1 can chickpeas (garbanzo beans), drained & rinsed
- $\frac{1}{3}$  cup tahini
- 1 garlic clove
- 2 tbsp sesame oil
- 2 tbsp lemon juice
- 1 dash salt and pepper to taste

## Instructions

Put all ingredients into a food processor and blend until smooth. You may need to thin it out with a bit of water, so add 1 or 2 tablespoons at a time and blend.

Makes about 2 cups

Tip: Don't like sesame? Use an avocado in place of the tahini, and olive or avocado oil in place of the sesame oil.