Super Easy Hummus

Ready Time: 5 min
Prep Time: 5 min

Ingredients:

- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 2 drops sesame oil, or to taste (optional)

Directions:

Serves: 4 people

1. Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.

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