



Homemade Hummus

Ingredients:

- ¼ cup juice from the garbanzo beans (if you make your own) OR ¼ cup water if from a can
- ½ cup fresh lime juice
- ⅓ cup tahini, stirred well (I use Joyva brand)
- 2 Tbsp organic extra virgin olive oil PLUS some to drizzle on top and garnish
- 14 oz can of drained, rinsed garbanzo beans OR 2 cups freshly cooked beans
- 1 clove garlic, cut into 4 pieces
- 1 tsp fine sea salt
- 1 tsp smoked paprika
- pinch cayenne pepper

Instructions:

Combine lime juice and water (or bean juice if using homemade beans) in small bowl.

Whisk together tahini and the olive oil in second small bowl. It takes a bit of elbow grease to combine.

In a food processor, pulse beans, garlic, salt, smoked paprika, and cayenne. After it is chopped a bit whirl them together for about 15 more seconds. Scrape the sides of the work bowl with a rubber spatula. With the food processor running, add lime juice-water mixture in a steady stream through the feed tube. Scrape down the work bowl and keep processing for another 60 seconds.

With the machine running, add oil-tahini mixture in steady stream through feed tube; continue to whirl until the hummus is smooth and creamy, about 15 seconds, scraping down bowl as needed.

Taste the mixture and add more lime juice or salt as needed. Personally, I always add a lot more lime juice and a little more salt too. Put the hummus into a storage container and seal it, and store it in the refrigerator for at least an hour. I like to serve this at room temperature so take it out of the fridge in plenty of time. Drizzle generously with olive oil and serve.

This keeps really well in the freezer for up to 2 months and in the refrigerator for at least a week well covered.