



## ***Homemade Hummus (Tahini-Free)***

*MyPlate2Yours - Lynn Dugan*

### ***Ingredients***

1 (15 ounce) can chickpeas, drained  
2 tablespoons fresh lemon juice  
1/4 cup olive oil  
1 clove garlic, minced  
Dash of smoked paprika

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### ***Directions***

Put all ingredients into a food processor and blend until smooth. Chill in a covered container for 20 minutes. Serve with fresh vegetables like carrot sticks or sugar snap peas; with whole grain pita chips; or as Greek Style Hummus Dip (add link). Enjoy!