

Paprika and Cumin Hummus

Yields 6 - 1/4 cup servings

1- 15oz. Can garbanzo beans/ chick peas
2 T cider vinegar
2 T lemon juice
1 clove garlic
1 t cumin
1/2 t mustard powder
1 T paprika
1/8 t salt
1/4 cup extra virgin olive oil
1/4 cup canola oil



Rinse and drain the beans with water in a colander before placing them into a food processor. Add vinegar, lemon juice, garlic, cumin, mustard powder, paprika, and salt to processor and process for 10 seconds. Combine the oils and slowly pour into the bean mixture while processing (this action combined with the mustard reduces separation over time). Serve with vegetables or crackers, or use on sandwiches.

Nutrition Facts (per serving, about 1/4-cup): 210 calories, 19 g fat (2 g saturated fat), 150 mg sodium, 2 g dietary fiber, 2 g protein. 10% Vitamin A 4% Iron.

