



# Easy Hummus with "Additions"

## *Ingredients*

- 1 (15oz) can garbanzo beans, drained, liquid reserved
- 1 T lemon juice
- 1 T olive oil
- 1 clove garlic, crushed
- ½ tsp ground cumin
- ½ tsp salt
- 2 drops sesame oil, or to taste (optional)



**BENT COUNTY**  
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EXTENSION

## *Directions*

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.

\*If you are looking for a roasted red pepper flavor, add some jarred roasted red peppers, but do so before adding reserved liquid to obtain desired consistency.

\*If you are looking for a roasted garlic flavor, add some roasted garlic to the garbanzo bean mixture, but do so before adding reserved liquid to obtain desired consistency.