**Hummus**

Prep time: 20 minutes

Servings: 6

*Ingredients:*

15 oz can chickpeas

1-2 ice cubes

3 tablespoons lemon juice (freshly squeezed)

2-3 tablespoons tahini (start with 2 and add more to taste)

2+ garlic cloves (depending on size and taste)

½ teaspoon sea salt

1 tablespoon Extra Virgin Olive Oil (and extra for serving)

Paprika for serving

Fresh parsley for serving

*Instructions:*

1. Place chickpeas in a bowl of water and rub them together to peel the skin.
2. Drain the chickpeas and transfer them to a food processor. Blend them alone until they become smooth, scraping the sides as needed.
3. Add the tahini, ice cube(s), lemon juice, garlic cloves, salt and 1 tablespoon olive oil while the food processor is running. Blend for about 5 minutes until smooth.
4. Adjust to your taste by adding more garlic, salt and/or lemon juice.
5. Spoon hummus onto a plate or into a bowl. Use the back of a spoon to create swirls.
6. Drizzle with olive oil, sprinkle with paprika and fresh parsley.
7. Serve cold or at room temperature.

Storage: Store any leftovers in an airtight container. They will last about one week in the fridge.

Source: https://feelgoodfoodie.net