

Recipe Image

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10

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(2 tablespoons) servings

Simple Hummus Without Tahini

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This simple hummus without tahini takes 5 minutes to prepare, uses common ingredients, and is so much cheaper than the packaged stuff.

Prep Time	Total Time
5 mins	5 mins

Course: Appetizer, Snack Cuisine: American, Greek, Mediterranean
Keyword: easy hummus recipe, hummus recipe, hummus without tahini
Servings: 10 (2 tablespoons) servings Calories: 70kcal Author: Amanda Finks

Ingredients

- 1 (15 oz.) can garbanzo beans (chickpeas), drained and rinsed
- 2 to 4 tbsp. water
- 2 tbsp. extra virgin olive oil
- 1 tbsp. lemon juice
- 1 garlic clove minced
- 3/4 tsp. ground cumin
- 1/4 to 1/2 tsp. salt

Instructions

1. Add the garbanzo beans, 2 tablespoons of water, the olive oil, lemon juice, garlic, cumin, and 1/4 teaspoon of salt to a food processor. Process until smooth and creamy. If needed, add additional water to thin out the hummus and 1/4 teaspoon of salt to your taste preference.
2. Store covered in the refrigerator.

Nutrition

Serving: 2tablespoons | Calories: 70kcal | Carbohydrates: 7.9g | Protein: 2.1g | Fat: 3.5g | Saturated Fat: 0.6g | Fiber: 3.2g

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