

## Hummus Dip



### Ingredients:

- 1 Can Drained Garbanzo Beans (Chick Peas)
- ¼ cup of Water
- 1 Tbsp. Olive Oil
- ½ tsp. Salt
- 1 Lemon (Juiced) or equiv.
- Sprinkle of Garlic (optional)
- Sprinkle of Paprika

### Directions:

Step 1: Drain can of chick peas.

Step 2: Add all ingredients except paprika to blender or mixer. You can mix by hand but it will be a little lumpy!

Step 3: Mix.

Step 4: Chill if you like it cooler or are making it ahead of time.

Step 5: Plate and sprinkle with paprika.

Step 6: Eat with whole wheat pitas, carrots and celery!

*A healthy snack for yourself or a party!*