

# My World Famous (Only in My Mind) Humus Recipe

## Ingredients

- 2 cups drained well-cooked or canned garbanzo beans, liquid reserved
- 1/2 cup tahini or sesame seeds
- 1/4 cup extra-virgin olive oil
- 2 cloves garlic, peeled and crushed
- Salt and freshly ground black pepper to taste
- 1 tablespoon ground cumin or paprika, or to taste
- Juice from 1 large lemon

## Garnish of your choice

- Chopped fresh parsley
- Pine nuts
- Sautéed diced red pepper
- Let your imagination go wild

## Preparation

Put all of the ingredients except the parsley, in a food processor and begin to process. In a pinch you can use a blender but you may have to add more liquid. Add the reserved garbanzo bean liquid or olive oil as needed to allow the machine to produce a smooth puree.

Taste and adjust the seasoning,

Chill and then to serve drizzle the humus with olive oil and sprinkled with a bit more cumin or paprika and garnish.