



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Hummus Dip Recipe

Prep time: 10 min

Servings: 16

Ingredients:

2 cups canned garbanzo beans 2 cloves garlic, halved

2-3 TBSP tahini 1 TBSP olive oil

2-3 TBSP lemon juice 1 pinch paprika

Dash of salt 1 tsp minced fresh

½ tsp cumin if desired parsley

Directions:

1.) Place the garbanzo beans, tahini, lemon juice, cumin, salt, and garlic a blender or food processor. Blend until smooth.

Transfer mixture into a serving bowl.

2.) Sprinkle paprika and parsley over the garbanzo bean mixture