

# Food Babe's Everyday Hummus Mezze Plate



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	0 mins	10 mins	6

<https://foodbabe.com/hummus-mezze-plate>

## Ingredients:

- 3 cups garbanzo beans, cooked
- 4 tablespoons raw tahini
- 1 garlic clove, minced
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon whole cumin seeds
- ¼ teaspoon paprika
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 handful fresh parsley
- 1 whole lemon, juiced

## Instructions:

1. Drain garbanzo beans and give them a quick rinse.
2. Combine all ingredients except olive oil in food processor/blender and blend.
3. Once combined, scrape sides.
4. Start blending again and add olive oil slowing into mixture while it is blending.
5. Remove all hummus into an air tight container and serve or refrigerate up to 5 days.
6. Top with marinated olives and accompany with a variety of vegetables, pita chips and goat cheese for a main dish or appetizer platter.

## Notes:

- Choose all organic ingredients if possible