

# Easy Hummus

I make this hummus all the time. It only takes a few minutes to prepare, and it's healthier without the oil. Increase or decrease the ingredients as desired, especially the jalapenos! Serve with pita chips or fresh veggie slices. Add more of the reserved bean liquid for a smoother dip.

Recipe by [Paige Lee](#) | Created on **Mar 13, 2022**

## Ingredients

- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- 2 ounces fresh jalapeno pepper, sliced
- ½ teaspoon ground cumin
- 2 tablespoons lemon juice
- 3 cloves garlic, minced

## Directions

- In a blender or food processor, combine garbanzo beans, jalapeno, cumin, lemon juice, garlic and 1 tablespoon of the reserved bean liquid. Blend until smooth.

## Nutrition Facts

Serving: **2 cups** | Calories: **23.4 kcal** | Carbohydrates: **4.5 g** | Protein: **1 g** | Sodium: **52.6 mg** | Fiber: **0.9 g** | Sugar: **0.2 g**

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