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## Sesame-Free Hummus

(gluten-free, dairy-free, sesame-free)

Recipe originally printed in the June/July 2010 issue of [Living Without](#) magazine.

Most hummus contains tahini, a sesame butter. This allergy-friendly dip is a crowd-pleasing appetizer that can be whipped up in less than five minutes. Serve it with gluten-free pita bread, chips or veggies.

### Ingredients:

1 (15-ounce) can garbanzo beans or chickpeas, rinsed and drained  
¼ cup water  
1 clove garlic, crushed  
1 tablespoon fresh lemon juice  
¼ teaspoon ground cumin  
½ teaspoon coarse kosher salt  
2 tablespoons olive oil  
Dash paprika, for garnish

### Method:

1. In a food processor, combine garbanzo beans, water, garlic, lemon juice, cumin, salt and oil. Process for 2 full minutes, until mixture is smooth and creamy.
2. Transfer to serving bowl and garnish with dash of paprika.

**Yield:** 1 cup