

# Oil-Free Hummus

This hummus recipe is fluffy, creamy and super delicious to make. I got really into the habit of buying store bought hummus which can get expensive over time. For only a dollar or so you can enjoy all the hummus you want at home.

Prep:  
**5 minutes**

Cook:  
**0 minutes**

Ready In:  
**5 minutes**

Servings:  
**3-4**



## Ingredients

1 15oz can garbanzo beans  
1/2 cup aqua faba  
3 garlic cloves  
3 tbsp tahini  
1 lemon juiced  
1/2 tsp salt  
1/4 tsp paprika  
1/4 tsp cumin

## Instructions

- 1 Drain your garbanzo beans into a bowl and save the aqua faba (liquid) from the can.
- 2 Add all of your ingredients into your blender.
- 3 Blend on high for 2 minutes. You want the hummus to be very creamy and fluffy.
- 4 Place in an air tight container and store in the fridge for up to one week.