

## **Hummus without Tahini**

*from **In Our Grandmothers' Kitchens***

### *Ingredients:*

1-3/4 cups cooked chickpeas (1 15-ounce can if you want convenience)  
1 large clove garlic, finely chopped or pressed through a garlic press  
the juice of 1 lemon  
1 heaping teaspoon almond butter  
2 tablespoons olive oil  
salt to taste  
spices to taste—I used 1 teaspoon smoked paprika

### *Instructions:*

Place the ingredients in a small food processor and blend. (You may have to stop and stir them halfway through.) Taste to see whether the flavors please you, and adjust them if you they don't. Try adding a little chili powder for extra spice.

Refrigerate for 1 hour before eating with veggies or tortilla chips. If you can't wait, it will still taste yummy.

Makes about 1-1/2 cups hummus.