



Hummus W/ Sesame Oil

Ingredients:

- 1 can chickpeas or garbanzo beans, drained, rinsed and towel dried
- 2 tablespoons lemon juice
- 2 tablespoons Cibaria [olive oil](#)
- 2 cloves garlic, crushed
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons of Cibaria [sesame oil](#)
- 2-3 tablespoons warm water

Preparation:

In a food processor, blend chickpeas lemon juice and olive oil. Add garlic and spices, then sesame oil and water and blend to a smooth paste. Add 1-2 tablespoons of water if mixture is too dry.

Serve warm or at room temperature with fresh veggies or pita bread for dipping.