Homemade Hummus

- 1 (15 ounce) can garbanzo beans, drained & rinsed thoroughly
- 1/4 tsp cayenne pepper (or less if you don’t like spicy food)
- ¼ tsp paprika
- 1/2 teaspoon ground cumin
- 2 tablespoons lemon juice
- 3 cloves garlic, minced
- 1 Tablespoon olive oil

In a blender or food processor, combine garbanzo beans, spices, lemon juice, garlic and olive oil. Blend until smooth. Makes about 2 cups.