

# Copycat Trader Joe's Mediterranean Hummus

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/trader-joe-s-greek-chickpeas-recipe>

## Ingredients:

- 2 cans garbanzo beans chickpeas drained, about 3 cups
- 1 garlic clove
- 6 tablespoons extra-virgin olive oil
- 2 tablespoons tahini
- 1 1/4 teaspoons salt
- 1 lemon large
- 2 lemons large
- 1/4 teaspoon cumin
- 1/2 teaspoon crushed red pepper
- 1/2 cup hot water