Healthy Diabetes Hummus

Ingredients
2 cans (16 ounces each) reduced-sodium garbanzos, rinsed and drained except for 1/4 cup liquid
1 tablespoon extra-virgin olive oil
1/4 cup lemon juice
2 garlic cloves, minced
1/4 teaspoon cracked black pepper
1/4 teaspoon paprika
3 tablespoons tahini (sesame paste)
2 tablespoons chopped Italian flat-leaf parsley

Directions
In a blender or food processor, add the garbanzos. Process to puree. Combine the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: www.mayoclinic.org