

Classic Hummus

Try making hummus at home and you will never go back to store-bought! Great as a dip for crackers, warm pita, and fresh vegetables or the perfect spread for a sandwich, wrap, or to top a grain bowl!

Yields: 8 servings

Ingredients:

- 1 can (15 oz) low sodium chickpeas, drained and rinsed
- 1/4 cup fresh lemon juice
- 1-2 medium cloves of garlic (peeled)
- 1/2 tsp of salt
- 1/4 cup of tahini*
- 2-4 tbsp ice water
- 1/4 cup olive oil



Optional Garnishes: -paprika, cumin, or sumac*

Instructions:

1. In a food processor or high speed blender, combine drained chickpeas, lemon juice, garlic, salt, tahini and ice water. Process for 5 minutes, stopping occasionally to scrape the sides of the bowl, until mixture is creamy and no chunks of any ingredients remain.
2. Using the opening at the top of the blender or processor, slowly add in olive oil, while machine is running. Add more ice water if more creaminess is desired. Taste and adjust taste for extra salt or lemon juice.
3. Transfer to a serving plate, top with desired garnishes and enjoy!

Recipe notes:

Sumac is a common spice in middle eastern cooking and is made from grounding up dried berry of the wild sumac flower. It contains a tart, tangy flavor. You can find this spice at most supermarkets in the spice aisle.

Per Serving: Calories: 107kcal Carbohydrates: 3.1g Protein: 1.4g Saturated Fat: 1.6g Sodium: 149.8mg
Sugar: 0.2g Cholesterol: 0mg

Recipe was adapted and modified from cookieandkate.com

