

Hummus Recipe



Prep Time: 5 minutes

Total Time: 5 minutes

Serves 8

Ingredients

- 1½ cups cooked chickpeas, drained and rinsed
- ⅓ cup smooth tahini*
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 garlic clove
- ½ teaspoon sea salt
- 5 tablespoons water, or as needed to blend
- paprika, red pepper flakes, or parsley, for garnish
- warm pita bread , and/or veggies, for serving

Preparation

1. In a high-speed blender, place the chickpeas, tahini, olive oil, lemon juice, garlic, and salt. Use the blender baton to blend until very smooth, adding water as needed to blend, and/or to reach your desired consistency.
2. Transfer to a serving plate, top with desired garnishes and serve with warm pita and veggies, as desired.

