

BEST HUMMUS RECIPE

Ingredients

1 15 oz can **chickpeas**
drained and rinsed
1/4 cup **tahini**
1/2 tsp **cumin**
1/2 tsp **salt**
2 garlic **cloves**
juice of 1 **lemon**
1/3 – 1/2 cup **olive oil**
1-2 Tbsp water
paprika or za'atar for
serving (optional)

Rince Chickpeas really well. Pick out skins that rise to top.



Add all ingredients except what you are topping with to a blender or food processor and start pulsing. While food processor is running, drizzle in olive oil. Check consistency and add more olive oil as needed. If consistency is still too chunky add a few Tbsp of water and pulse again.

Sprinkle top with paprika or za'atar and serve with pita, chips or veggies. You can also add more chickpeas, black olives, onions and spices and olive oil if you like. Can be stored in air tight container for 1-2 weeks

You can make a variety of hummus recipes. I like to occasionally add any of these for an extra flavor and shake it up depending my taste at the time. IE: Artichoke hearts roasted red peppers, caramelized onions, sun dried tomatoes. Use your imagination and what I played.

CHOCOLATE HUMMUS (DESERT)

1 15 oz can **chickpeas**
(garbanzo beans), rinsed
and drained
¼ Cup **peanut butter**
6 Tbsp **Maple syrup or**
Agave
¼ Cup **Coconut sugar or**
raw cane sugar
3 Tbsp **Cocoa powder**
2 Tbsp **Almond milk**
2 tsp **vanilla extract**
½ tsp **sea salt**

INSTRUCTIONS:

Put all ingredients in the
order listed into a blender

Blend, starting on low speed and increasing to high, for 45-60 seconds or until the
mixture is smooth.

You may need to stop, scrape down the sides, and blend again. Transfer to a
serving dish with fruit or your favorite dipping foods. Keeps in refrigerator a week
or more.

