



Creamy Hummus

If you are using dried beans, soak and cook them according to the package directions, then weigh out 15 oz. If you are in a hurry, just can't deal with dried beans or can't find them, you can use canned beans. Just be sure to drain and rinse them well before using.

Start by blending the chickpeas, tahini, lemon juice, oil, garlic, salt and cayenne pepper in the food processor until well mixed, but not entirely smooth.

Next add the water and blend until smooth. If you'd like it thinner, you can add more water. This is also when you can give it a taste and decide if you'd like more lemon or other spices.

Other spices you can include or swap out for the cayenne are cumin, coriander and paprika. You can also get creative and add other flavors when pureeing, such as hot sauce, green onions or fresh herbs like parsley. Pine nuts and pureed roasted red peppers are also popular additions to hummus.

INGREDIENTS

15 oz chickpeas (garbanzo beans),
cooked & chilled

1/3 cup tahini (ground sesame paste)

4 Tbsp fresh lemon juice

3 large cloves of garlic, peeled

1/2 tsp salt

1/2 tsp ground cayenne pepper

1/2 cup water

2 Tbsp extra virgin olive oil
(soybean or canola will work, too)

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