

MEDITERRANEAN HUMMUS

Prep time: 20 minutes / Cook time: N/A / Skill level: Intermediate

INGREDIENTS

2-15 ounce cans of organic chickpeas
(thoroughly rinsed and drained)

1/3 cup tahini

1/4 cup extra virgin olive oil

4 cloves garlic

2 lemons juiced

3/4 teaspoon cumin

1/2 teaspoon sea salt

1/4 teaspoon cracked black pepper

1/2 cup of warm water

EQUIPMENT NEEDED:

Knife, chopping board, food processor
and a can opener.

METHOD:

Place all of the ingredients in food processor except for the water. Puree on high for two minutes or until smooth and creamy. Add water as necessary to keep the mixture fluid and moving while in the food processor.



Per 2 Tbsp: | 54 calories | 3 g fat | 6 g carb | 1 g protein



QUICK TIP

Try adding roasted peppers
or sundried tomatoes.

Garnish with smoked
paprika, chopped parsley
and a drizzle of olive oil.

