

Garlic Hummus

Ingredients

Food processor or similar device (e.g., a blender)

1 can of chickpeas

Juice of 1 lemon

1 bunch of parsley (optional)

2-3 cloves of garlic

Sesame Tahini

Garlic flavored oil (or olive oil)

Spices of choice ***

Sea salt

Steps

- 1 Drain and rinse the chickpeas and set aside
- 2 Peel the garlic and chop it up a little bit before placing it in the food processor.
- 3 Chop some of the stems off the parsley before placing it in the food processor (optional).
- 4 Add lemon juice and blend.
- 5 Add about 1/2 of the chickpeas, 2-3 tbsp. tahini and 2 tbsp. oil.
- 6 Blend.
- 7 Add remaining chickpeas and blend again, with more oil if needed. Mixture should be creamy, but fairly thick.
- 8 Season to taste with spices of choice, along with salt and pepper if desired.
- 9 Finished.

Tips

- Use the water from the Chick Peas (garbanzo beans) to thin down the mixture instead of plain water. It adds more flavor, however, includes added salt, so be careful.
- Use large quantities of: cumin, basil, onion powder and garlic powder, along with small amounts of: coriander, paprika, and oregano, and tiny bits of: cayenne pepper and thyme. Make sure spices are well-blended into the mixture.
- Once you have mastered plain Hummus, experiment with additional flavorings to liven things up!
- Be careful with the amount of tahini added. Tahini has a very distinct and strong flavor sometimes. (The difference is whether it was "shell on" or "shell off" before blended smooth.