

Homemade Hummus

This recipe can be used as a dip for veggies (love it on snap peas) or a spread on your sandwiches.

Number of Servings: 6

Ingredients

2 cups of rinsed and drained organic chickpeas
1/4 cup tahini or sesame paste
1/4 cup water
3 tablespoons organic olive oil
2 cloves garlic, minced
3 tablespoons lemon juice
1/2 teaspoon salt
1 tablespoon ground cumin



Directions

Place all ingredients into a food processor or blender and blend until smooth. Refrigerate in an air-tight container. This recipe will keep for about 7-10 days.

Side Note: You can add red pepper flakes if you want some spice.

Calories 216 per serving