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recipe

HUMMUS

ingredients

5 c. Canned Chickpeas (3-15 oz. cans)

5 Tb. Lemon Juice

1 1/2 tsp. salt

1 tsp. Garlic (more to taste)

3-4 oz. Sunflower Oil

method

- Drain and rinse chickpeas under hot water (this helps make them smooth and creamy)

- Add chickpeas, lemon juice, salt and garlic to food processor and pulse and mix until mixture is very smooth.

- Run the food processor while slowly adding the oil.

- Pour good extra virgin olive oil on top and serve with tortilla chips, pita or vegetables

- Dairy-free, gluten-free and keeps in refrigerator for up to 10 days.

- **Recipe Alternatives:**

- **Black Bean Hummus** – Decrease oil to 3 ounces and add ¼ tsp. cumin and an additional ½ Tb. lemon juice
- **White Bean Hummus** – Decrease oil to 2-3 ounces and add 1/4 c. caramelized onions and 1 Tb. fresh rosemary.