

Homemade Hummus



Prep:

10 minutes

Total:

20 minutes

Makes:

12 full servings

Utensil:

Saladmaster Food Processor

Food Processor

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Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic plant-based diet that is both simple and delicious.

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Recipe Description:

Beans are full of protein, fiber, and complex carbohydrates. This dip tastes amazing on flatbread or on sprouted bread. It can be combined with any fresh herbs or spices - and it makes a great midday snack with raw veggies!

2

cups

chickpeas, soaked and cooked, or organic canned

(328

g)

¹/₄
cup
lime juice
(60
mL)
¹/₄
cup
tahini
(60
g)
2
cloves garlic, shredded, use Cono #1
1
teaspoon
ground cumin
(2
g)
¹/₂
teaspoon
sea salt
(3
g)
¹/₄
teaspoon
olive oil
(60
mL)
¹/₄ - ¹/₂
cup
water or bean cooking liquid
(60 - 120
mL)
paprika for garnish

Directions:

1. Combine chickpeas, lemon juice, tahini, garlic, cumin, salt and olive oil in a food processor and blend until smooth.
2. With the motor running, slowly add the chickpea cooking liquid until desired consistency is reached.
3. Place hummus into a bowl and sprinkle with paprika.
4. Serve with sprouted Ezekiel bread or spelt flatbread.

Nutritional Information per Serving

Calories:

116

Total Fat:

8g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

85mg

Total Carbs:

10g

Dietary Fiber:

3g

Sugar:

1g

Protein:

3g