

Homemade Hummus



Prep:

10 minutes

Total:

20 minutes

Makes:

12 full servings

Utensil:

Saladmaster Food Processor
Food Processor

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Recipe:

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 10g
Carbs:
Dietary Fiber: 3g
Sugar: 1g
Protein: 3g