

# Simply Hummus

*This recipe is very simple recipe for hummus. You can use store bought can chickpeas or be more daring and make all from scratch. The hummus is creamy and so smooth, great with vegetables, crackers or even chips.*



This is my first time making hummus, and I am so proud to say that I really made it from scratch...It all started when I got the dry garbanzo beans or chickpeas.



The great thing about making your own hummus is that you can make it thinner, thicker, spicy, lemony...in another words, dress as your palate desire. This simple hummus is great on crackers, as vegetable dip, on top of salad, sandwich spread...there is no end to where you can add some hummus.

I end up with a lot of cooked chickpeas and froze them for

future use after placing into small bags.

***Ingredients:***

- 300 g drained cooked chickpeas
- $\frac{1}{2}$  cup tahini (approximately 135g)
- 1 tablespoon olive oil
- 2  $\frac{1}{2}$  tablespoons freshly squeezed lemon juice
- 2 garlic cloves, chopped
- 100 ml water
- 1 pinch cumin
- 1 teaspoon salt



***Method:***

Wash the chickpeas and soak in water at room temperature overnight. Make sure that you use a slightly larger bowl as the chickpeas will expand and double in size.

Drain the water and rinse again before cooking.

Place the soaked chickpeas in a pan and cover with water, add salt if desire (I did not). Cook for 60 to 90 minutes until the desire texture.

Place the chickpeas and the chopped garlic in the food processor fitted with a blade attachment and process until smooth. Add the lemon juice, tahini, water, olive oil cumin and salt. Pulse until smooth and if still too thick add more water. Taste for salt, add more if needed.

Serve at room temperature or chilled. Drizzle with olive oil and sprinkle paprika before serving.



I hope you enjoy this simple recipe for hummus...you might want to try making homemade crackers to go with it.



with this.check on Did you know that hummus is the Arabic word for chickpeas? Chickpeas are rich in protein, dietary fiber, folate and iron.

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