

# Creamy Hummus

PREP TIME: 20 minutes

TOTAL TIME: 20 minutes

SERVINGS: 8



## INGREDIENTS

- 1 can chickpeas, rinsed and drained
- 1-1.5 lemons or limes, juiced (about ¼ cup)
- 2 garlic cloves, chopped
- Pinch of salt
- ½ teaspoon ground cumin
- ½ cup tahini
- 1 tablespoon extra virgin olive oil
- 2-3 tablespoons ice water
- Optional toppings: ground sumac, ground paprika, drizzle of olive oil, freshly chopped herbs, pomegranate seeds, ground cumin

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## DIRECTIONS

1. Remove the skins from the chickpeas after they've been rinsed and drained. This step is optional, but it makes the hummus extra creamy.
2. Combine the lemon/lime juice, garlic cloves, salt, cumin, and tahini into a food processor or blender, and blend until smooth.
3. Add in the ice water, with additional water if needed if mixture is too thick.
4. Add the chickpeas and olive oil, and blend until a creamy texture is achieved.
5. Top with optional garnishes at the time of serving, and store the remaining in an air-tight container in the fridge.