



White Bean Garlic Hummus (Nut-Free & Seed-Free)

1 Serving = 3 Tbsp

Equipment:

Food processor or high-speed blender, measuring spoons, spatula, juicer (optional)

Ingredients:

- 1½ cups cooked white beans (cannellini, navy, or great northern), drained and rinsed
- 2 cloves garlic, minced
- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 3–4 tbsp water (to adjust texture)
- 2–5 ice cubes (to adjust texture)
- ½ tsp salt (adjust to taste)
- Optional: ¼ tsp ground cumin for warmth

Preparation:

1. **Prep Ingredients:**
Rinse the white beans thoroughly. Peel and mince garlic. Juice the lemon.
2. **Blend Base:**
In a food processor, combine white beans, garlic, lemon juice, salt, and 2 tbsp olive oil. Pulse until it starts to form a thick paste.
3. **Adjust Texture:**
Slowly drizzle in the remaining olive oil and water, blending until smooth and creamy. Scrape down sides as needed. Add more water, 1 tbsp at a time, for a thinner consistency, and ice cubes for creaminess and cooling of temperature.
4. **Taste and Season:**
Adjust salt, lemon, or garlic to preference. For depth, add a pinch of ground cumin if desired.
5. **Serve:**
Spoon into a bowl. Drizzle with a few drops of olive oil. Serve with veggie sticks, warm pita, or use as a spread.

Nutrition Facts per serving:
(without additions)

Calories 92.7

Protein: 3.3g Carbs: 8.8g
Fat: 5.2g Fiber: 2.1g

Optional Additions:

 *Savory Additions:*

Roasted red peppers – for sweetness and vibrant color
Caramelized onions – adds a deep, savory layer
Sun-dried tomatoes (oil-packed) – rich and umami-packed
Fresh herbs – parsley, basil, or cilantro for a fresh twist
Olives (pitted and chopped) – for a briny, Mediterranean note

 *Spice It Up:*

Smoked paprika – smoky depth
Chili flakes or harissa paste – gentle heat
Ground turmeric – earthy with anti-inflammatory perks

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