

YIELD: A BOWLFUL OF HUMMUS!

Easy Oil-Free Hummus Recipe

Dip veggies and crackers in it, use it as a spread on sandwiches, make mediterranean style pizza with it, or just eat it by the spoonful. It's perfect and I hope you try it out!

Prep Time	Total Time
10 minutes	10 minutes



Ingredients

- 1 (15 ounce) can chickpeas, drained and rinsed
- 1/4 cup freshly squeezed lemon juice (2-4 lemons)
- 3 tablespoons [tahini](#)
- 2 cloves garlic, minced
- 3-4 tablespoons water
- 3/4 teaspoons salt
- 1/2 teaspoon ground cumin

Instructions

1. Pour the lemon juice and [tahini](#) into your [food processor](#) and process on high for 1 minute. Scrape down the bowl of your processor with a spatula and process for 30 more seconds. This "whipping" step is crucial for getting that smooth, creamy hummus.
2. Add in the minced garlic, 1 1/2 tablespoon water, salt and cumin and process for 1 minute. Scrape down the sides of your processor and process 30 more seconds.
3. Add in half of the chickpeas and process until mostly smooth. Add in the remaining chickpeas and process until everything is combined and mostly smooth.
4. Lastly, while your processor is running, slowly pour in the remaining two tablespoons of water. Let your processor run another minute until the hummus is smooth and creamy.
5. Serve immediately with an extra drizzle of olive oil and a dash of paprika or store in an airtight container in the fridge for a week.

Nutrition Information

Yield 8

Serving Size 1 serving

Amount Per Serving

Calories 61

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Unsaturated Fat 1g

Cholesterol 0mg

Sodium 351mg

Carbohydrates 11g

Net Carbohydrates 0g

Fiber 3g

Sugar 2g

Sugar Alcohols 0g

Protein 3g

Nutrition information is a rough estimate provided by Nutritionix and should be used for informational purposes only.

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CUISINE: Mediterranean / **CATEGORY:** Hummus

<https://theconscientiouseater.com/easy-oil-free-hummus-recipe/>

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