

Homemade Hummus

Ingredients

- 1 ½ cups chickpeas, drained & rinsed
- ¼ cup of smooth tahini
- 2 TBSP extra virgin olive oil
- 2 TBSP fresh lemon juice
- 1 garlic glove, peeled and diced
- ½ tsp sea salt
- 4-5 TBSP water, needed to blend
- Garnish with desired seasoning

**Hummus is a good source
of plant based protein**

Directions

1. In a blender/food processor
2. Add chickpeas, tahini, olive oil, lemon juice and garlic.
3. Blend until smooth
4. Adding water if needed.
5. Transfer to serving bowl
6. Enjoy with seed crackers
7. Fresh vegetables

