

SUPER SIMPLE HUMMUS



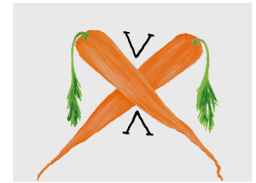
SERVES: 10-12

PREP TIME: 5 MINUTES

BLEND TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

2 15-oz cans chickpeas, drained and rinsed

1/4 cup tahini (or sub almond butter)

3-4 TBSP lemon juice

1-2 garlic cloves, minced

4-5 TBSP extra virgin olive oil

1/2 tsp sea salt

1/2 tsp smoked paprika

1 tsp ground cumin

Fresh ground pepper, to taste

METHOD

Place all ingredients in the bowl of a large food processor or blender.

Blend until a smooth and creamy texture comes together. Taste for additional salt, spices, lemon juice, or oil.

Enjoy with your favorite veggies or crackers!

NUTRITION

Serving Size: ~ 4 TBSP Total Calories: 130 Total Fat: 9 g

Sodium: 119 mg Potassium: 139 mg Total Carbohydrate: 12 g

Fiber: 3 g Sugar: 1 g Protein: 4 g