

Homemade Hummus

Ingredients

1 can chickpeas (15.5 – 16.0 oz)
1 clove garlic
Juice from ½ lemon
1-2 tbsp good quality olive oil
1 tbsp tahini
Dash of sea salt
Drinking water
Parsley to garnish
Zaatar to garnish (optional)

Preparation

1. Drain the chickpeas and place in strainer. Rinse with cold water until all suds are washed away.
2. Peel the garlic and pass through a garlic press or chop finely with a knife.
3. Place the first 6 ingredients into a blender, in the order listed.
4. Blend on medium/low speed for 30 seconds.
5. If mixture is too dry, add 1-2 tablespoons of drinking water and blend again. Repeat this process until you're satisfied with the consistency
6. Adjust salt and lemon juice to taste
7. Garnish with parsley and zaatar

Notes

I find that draining the liquid from the chickpeas and rinsing under cold water is essential to avoid uncomfortable bloating

For blending thick dips like hummus, I prefer a using a smaller blender jar such as the Blendtec Twister Jar, as it helps guide the ingredients towards the blades

Variations

For beet hummus: add 1 small cooked, peeled baby beet and ½ teaspoon of coriander seeds.

For roasted pepper hummus: add a few pieces of roasted bell peppers, with skins removed.