

Hummus

Ingredients:

2-4 tablespoons cold water, or more if needed
2 tablespoons extra virgin olive oil
1/2 teaspoon ground cumin
3/4 teaspoon fine sea salt
2 medium cloves garlic, peeled and smashed
Juice of 1 lemon (2-3 tablespoons)
1 (15 ounce) can chickpeas, rinsed and drained

Instructions:

1. Add cold water, olive oil, cumin, salt, garlic, and lemon juice to food processor. Puree until smooth
2. Add in the chickpeas. Puree for 3-4 minutes, pausing halfway to scrape down the sides of the bowl, until the hummus is smooth. If it seems to thicken, add another tablespoon or two of water.
3. Taste and season with additional salt, cumin, and /or lemon juice if needed.
4. Serve immediately, garnished with your desired toppings. Or transfer to a sealed container and refrigerate for you to 3 days.