

# MAKING HUMMUS

Hummus is a versatile dip made of chickpeas. Chickpeas are a good source of fiber, which supports our digestive health and satiety!

## Classic Hummus Ingredients:

- 14 oz. chickpeas, drained and rinsed
- 2 cloves garlic
- ¼ cup tahini (ground sesame paste)
- 2 tbsp. lemon juice
- 1 tsp. cumin
- ½ tsp. red pepper flakes
- ½ tsp. salt
- ½ tsp. black pepper
- 2 tbsp. extra virgin olive oil
- 2 tbsp. water



## For Spinach Artichoke Hummus:



- Add 1 cup spinach and 3 canned artichoke hearts to Classic Hummus recipe.

## For Roasted Red Pepper Hummus:

- Add ~2/3 cup jarred roasted red peppers to Classic Hummus recipe.



## For Avocado Hummus:



- Replace the tahini with 1 avocado, replace the lemon juice with lime juice, and add 1 jalapeno and 1/4 cup cilantro, if desired, to Classic Hummus recipe.

## Directions:

1. Add chickpeas, garlic, tahini, lemon juice, and seasonings to a food processor or standard blender.
2. While blending, drizzle in the olive oil until hummus is smooth. Add a little bit of water, if needed to reach desired consistency.

**For convenience, you can also buy pre-prepared hummus at the store.**



## Ideas for Using Hummus

Try dipping these items:



Spread on a sandwich or wrap:

