

Hummus

Ingredients

- 8 oz (1 can) CLIC canned chickpeas or
AGT Foods dry B90 chickpeas (garbanzo beans)
- 1/4 cup water
- 3-5 tbsp lemon juice (to taste)
- 1 1/2 tbsp tahini
- 1-2 cloves garlic, crushed
- 1/2 tsp salt
- 1-3 tbsp olive oil

Wash and drain canned chickpeas. (If using dry chickpeas, soak chickpeas in cold water overnight in a large pot. Boil chickpeas, ensuring they are completely immersed in water, for 30 minutes or until soft. Drain and cool.) Combine chickpeas and remaining ingredients in blender or food processor. Add 1/4 cup of water, adding additional water if needed. Blend for 3-5 minutes on low until thoroughly mixed and smooth.

Place in serving bowl and create a shallow well in the centre of the hummus.

Add a small amount (1-3 tbsp) of olive oil in the well. Garnish with parsley and olive oil.

Serve with fresh or oven crisped pita.



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