

Hummus Recipe

3 cups Chick Peas

1 tsp Baking Soda

1/3 cup Tahini

½ cup fresh Lemon juice

½ Tablespoon Kosher Salt

½ tsp. Cumin

¼ cup Olive Oil

¼ Cup Ice Water

1 or 2 Cloves Garlic

Instructions: Drain and rinse chick peas. Boil chick peas in baking soda and water for 20 minutes or until easily smashed with a spoon. Drain and rinse under cold water. Let drain until done dripping. While the chick peas are draining start the garlic and lemon juice in the food processor. Blend until garlic is very finely chopped and then let the lemon juice and garlic sit for at least 5 minutes. This will “cook” the garlic and take away that raw garlic taste. Next add the tahini and start blending. Slowly add the ice water and olive oil and blend until incorporated. Next add chick peas and ground cumin, kosher salt and blend until smooth, light and airy. Taste to see if you would like to add any more salt, cumin, lemon, or olive oil. Eat this with all your favorite veggies or use it as a spread on a sandwich or wrap.