

Oil-Free Hummus

Ingredients:

- 1 cup of chickpeas or garbanzos, cooked and drained
- 1 cup aquafaba (liquid from canned or cooked chickpeas)
- ¼ cup tahini
- 2 cloves garlic, green germ removed (to prevent stomach irritation)
- 3 tbsp. lemon, juiced
- 1 tsp. cumin
- 1½ tsp. of sea salt or to taste
- Dash of paprika and/or parsley for garnish (optional)

Instructions:

1. Add all of the ingredients except the paprika and parsley to a high-speed blender or food processor
2. Blend until smooth and creamy (1-2 minutes). Add additional aquafaba, a little at a time for a thinner consistency (I sometimes enjoy it this way as a thicker salad dressing)
3. Place hummus in a bowl or deep plate.
4. Make a well in the middle with a spoon and garnish with paprika and/or parsley.
5. Enjoy!

Tip: Serve with warm pita bread, crackers, veggie sticks, as a mayo substitute on sandwiches and over salads or potatoes. The possibilities are not quite endless, but they're close.