🫘 SIMPLE HOMEMADE HUMMUS

Creamy, fresh, and easy to make, this simple homemade hummus is packed with classic chickpea, tahini, lemon, and garlic flavor.



Makes 3 cups

🥣 INGREDIENTS

1 (15-ounce) can chickpeas, drained and rinsed; liquid set aside
¼ cup reserved chickpea liquid
½ cup tahini
¼ cup extra-virgin olive oil (*low-fat option: Use 2 tablespoons olive oil instead)*
1 clove garlic
1 tablespoon ground cumin
Juice of 1 lemon
⅓ cup water, or as needed
Salt, to taste

👩‍🍳 INSTRUCTIONS

1. Add the chickpeas, reserved chickpea liquid, tahini, olive oil, garlic, cumin, lemon juice, and salt to a food processor or high-speed blender.
2. Blend until smooth and creamy.
3. Gradually add water as needed until the hummus reaches your preferred consistency.
4. Taste and adjust with additional garlic, salt, lemon juice, or cumin if desired.
5. Transfer to a serving bowl and sprinkle lightly with cumin before serving.

🌱 NUTRITION BENEFITS

Chickpeas: Provide plant-based protein, fiber, folate, and minerals that support fullness and digestive health.
Tahini: Adds healthy unsaturated fats, protein, calcium, and sesame-rich flavor.
Extra-virgin olive oil: Provides heart-friendly monounsaturated fats and naturally occurring antioxidants.
Lemon & garlic: Add fresh flavor along with vitamin C and beneficial plant compounds.

📊 NUTRITION INFORMATION

Per 2-tablespoon serving:
103 Calories | 10 g Fat | 1.4 g Saturated Fat | 0 mg Cholesterol | 109 mg Sodium | 2.9 g Carbohydrates | 1.1 g Fiber | 0.2 g Sugar | 1.9 g Protein

REFERENCE: Adapted from: *From Plant To Plate.*. by Tami Bivens, R.D. and Life and Health Network