

BEST Hummus

Prep Time: 5 mins

Total Time: 5 mins

Serves 8



Try this hummus recipe once, and you'll never go back to buying it at the store! Served with fresh veggies and pita, it's a delicious appetizer or snack.

Equipment

- Blender (I've used my trusty Vitamix for years)

Ingredients

- 1½ cups cooked chickpeas, drained and rinsed
- ⅓ cup smooth tahini*
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice, more to taste
- 1 garlic clove
- ½ teaspoon sea salt
- 5 tablespoons water, or as needed to blend
- paprika, red pepper flakes, or parsley, for garnish
- warm pita bread , and/or veggies, for serving

Instructions

1. In a high-speed blender, place the chickpeas, tahini, olive oil, lemon juice, garlic, and salt. Use the blender baton to blend until very smooth, adding water as needed to blend, and/or to reach your desired consistency.
2. Transfer to a serving plate, top with desired garnishes and serve with warm pita and veggies, as desired.

Notes

*Tahini brands I prefer are: Cedar's, Seed + Mill, and Soom

Find it online at <https://www.loveandlemons.com/hummus-recipe/>