

hummus

SERVES 5

RECIPE ADPATED FROM: [Shape Magazine](#)

PREP TIME: 10 minutes

1½ cups cooked chickpeas (cooked from dried)
2 Tbsp lemon juice
1 Tbsp extra virgin olive oil
1-2 cloves garlic
½ tsp cumin
½ tsp salt, or to taste
water

Variations:

Ranch

1½ cups cooked chickpeas
⅓ cup plain Greek yogurt
1 tsp dried parsley
½ tsp garlic powder
½ tsp salt, or to taste
water

Buffalo

1½ cups cooked chickpeas
2 Tbsp lemon juice
1 Tbsp extra virgin olive oil
1-2 cloves garlic
¼ cup buffalo or hot sauce
½ tsp salt, or to taste
water

COMBINE all ingredients in a food processor or blender until smooth.

SLOWLY add water to thin until desired consistency is reached, about ¼ to ½ cup.

FOR SMOOTHER TEXTURE, try removing outer later of skin from the chickpeas before blending.

