

Recipe

CREAMY ARTISAN HUMMUS



► Vegan, gluten-free, refined sugar-free, nut-free

Yield: approx. 2 cups

Prep Time: 10 min

Total Time: 10 min

INGREDIENTS

- 2 cloves garlic
- 1 lemon, juiced
- 1/4 cup (60 g) tahini (sesame seed paste)
- 1 Tbsp (15 mL) water
- 1 Tbsp (15 mL) olive oil*
- 1 tsp (5 mL) balsamic vinegar*
- 1 tsp (5 mL) soy sauce (tamari if GF)*
- 1 tsp (5 g) sambal (or other hot sauce)
- 1/2 tsp (2.5 g) cumin
- 1/2 tsp (2.5 g) paprika
- 2 cup (330 g) chickpeas (garbanzo beans)*
- 1/4 cup (40g) sunflower seeds, soaked 2 hours or overnight (optional)**

DIRECTIONS

1. Place all ingredients except for the chickpeas in a food processor and blend on high until well combined. Then add the chickpeas and blend on high again, stopping occasionally to scrape the sides. Continue until the chickpeas are well blended and a smooth consistency is achieved.
2. If you'd like the consistency to be creamier, add 1-2 Tbsp more tahini. If you'd like more zest, add more lemon juice.
3. Plate, sprinkle on garnish, and serve.

NOTES

1. *If cooking beans from scratch, this is about 1 cup (200 g) dry chickpeas. If you are cooking your own chickpeas, add the extra of the following liquids to achieve the same creaminess as you would find when using canned or jarred chickpeas: 1 more Tbsp (15 mL) olive oil, 1 more tsp (5mL) balsamic vinegar, and 1 more tsp (5 mL) soy sauce. If using canned chickpeas, be sure to rinse first to remove excess salt.
2. **If using sunflower seeds, you may need to add some more liquid to thin out the hummus and make it more creamy. We suggest an extra 1-2 tsp soy sauce and 1 Tb water.
3. **Variations:** add additional spices if desired, such as basil, while blending to vary flavours. Get creative with this one!
4. **Speed-it-up:** using canned chickpeas speeds up the process.
5. **Storage:** store in an air-tight container in the fridge for up to one week.

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