

# Easy Hummus

**Time: Under 15 minutes**

**Servings: 1 ½ cups**

**Level: Easy**

## Ingredients:

- o 1 can (15 ounces) Chickpeas, strained (save the liquid!) and rinsed
- o 1 clove Garlic, minced
- o ¼ Lemon, squeezed
- o ¼ cup Tahini\*
- o 3 Tablespoons Olive Oil
- o 3 Tablespoons Chickpea liquid (Aquafaba) or Water
- o ½ teaspoon Salt

*\*The quality and creaminess of this hummus will depend on the quality of the Tahini used.*

## Directions:

- 1) Strain the Chickpeas, saving the liquid (aquafaba), and rinse well.
- 2) In a small bowl place the Garlic and squeeze with the lemon. This will dilute the punchiness of the raw garlic.
- 3) Place the Chickpeas, Garlic/Lemon, Tahini, Olive Oil, Aquafaba (or Water) and Salt in a mini chopper. Pulse until creamy and well mixed.
  - ❖ Add more Salt, Tahini, Olive Oil or Lemon to taste.