



Makes: 2 cups

Prep Time: 5 minutes

Total Time: 5 minutes

Homemade Hummus

- 15-ounce can chickpeas, drained (save 1/4 cup of liquids)
- 1/4 cup tahini
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 1 tsp honey
- 1/2 tsp salt
- 1 small clove garlic

In a food processor or blender, combine chickpea, tahini, olive oil, lemon juice, honey, salt, garlic (if using), and 3 tablespoons of the reserved chickpea liquid (this is called aquafaba).

Blend on high speed until light and creamy, about 30 seconds. If mixture is too thick, add in 1 more tablespoon aquafaba.

Serve with pita, crackers, or veggies!

Recipe from Broma Bakery