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Hummus

1 16 oz can of chickpeas or garbanzo beans (you can also do a 2 day soak for best nutrition, see below)
3-5 tablespoons lemon juice (depending on taste)
1 1/2 tablespoons tahini
2 cloves garlic, crushed
1/2 teaspoon salt
1/4 cup olive oil

Drain chickpeas and combine remaining ingredients in blender or food processor. Blend on low until thoroughly mixed and smooth. Serve immediately with fresh, warm or toasted pita bread, or cover and refrigerate.

For a spicier hummus, add a sliced red chile or a dash of cayenne pepper. I also love adding pesto to my hummus or roasted red peppers.

Hummus can be refrigerated for up to 3 days and can be kept in the freezer for up to one month. Add a little olive oil if it appears to be too dry.

Two Day Soak

Place 1/2 cup dried chickpeas in a bowl and pour 2 cups hot water over the top. Add 4 tbsp lemon juice or 2 tbsp whey from raw milk or from yogurt. Let the chickpeas sit out overnight. Drain and rinse the chickpeas. Pour 2 cups hot water over the chickpeas again and add 4 tbsp lemon juice or 2 tbsp whey. Let the chickpeas sit out for a second night. Drain and rinse the chickpeas. Cook the chickpeas on the stove until tender. Follow the directions for hummus as shown above.