

HUMMUS

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 1 - 15 oz. can Chickpeas
- 1/4 cup Water
- 2 Tbsp. tahini, stirred well
- 2 Tbsp. Extra Virgin Olive Oil
- 1 Garlic Clove, minced
- 1/2 Tsp. Salt
- 1/4 Tsp. Ground Cumin
- Pinch Cayenne (optional)



Instructions:

1. Rinse and drain chickpeas.
2. Combine water and lemon juice in a bowl, set aside. Whisk tahini and oil together in a separate bowl.
3. Combine chickpeas, garlic, salt, cumin and cayenne in a food processor until coarsely ground, about 15 seconds. Scrape down the sides as needed.
4. Continue processing food, slowly adding water mixture until incorporated. Process until smooth, about 1 minute.
5. Continue processing food, slowly adding tahini mixture until incorporated and process until creamy, about 15 seconds. Scrape down the sides as needed.
6. Transfer to serving bowl, cover and let it set about 30 minutes before serving.

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