

Homemade Hummus

Ingredients

- 1 can (15 oz) garbanzo beans (chickpeas), drained (keep bean water) and rinsed
- 4 tbsp of bean water (to texture)
- 1 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 1 garlic clove, minced
- ¾ tsp ground cumin
- ¼ tsp salt (to taste)



Directions

1. Add the garbanzo beans, 4 tablespoons of bean water, olive oil, lemon juice, garlic, cumin, and ¼ teaspoon salt to a blender or food processor. You may need to blend for a little, stop, stir, and blend some more. Taste and add more water and/or salt for taste/texture preference.
2. Ready to eat with whole grain pita, whole grain crackers, whole grain bread, carrots, other crispy veggies or in a sandwich as spread.

Note: This hummus can be kept in a container or covered bowl in the fridge for up to 5 days. It can also be frozen for up to 1 month.

Recipe adapted from

<https://www.thewholesomedish.com/simple-hummus-without-tahini/>

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