Spinach Artichoke Hummus

Yields 3-5 cups hummus

Ingredients

- 1 (15 oz.) can chickpeas, drained (juice reserved)
- 4 cups fresh spinach loosely packed
- 1 cup artichoke hearts
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic
- Salt and pepper to taste

Directions

1. Combine all ingredients in a food processor or high power blender and blend until smooth.
2. For a thinner consistency, add a few extra tablespoons of reserved chickpea juice until desired consistency is reached.
3. Serve with raw veggies such as carrots, sugar snap peas, radishes, bell peppers, cucumbers, or celery.

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