

Spinach Artichoke Hummus

Yields 3-5 cups hummus



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



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.

Recipe from Cook Well Berkeley: Spring Recipes, Spring 2014