

Classic Hummus

Ingredients:

- 1 ½ cups canned or cooked chickpeas
- ¼ cup tahini
- ¼ cup fresh lemon juice
- 3 tablespoons olive oil
- 1 clove garlic, minced
- ½ teaspoon cumin
- ½ teaspoon salt
- 2-4 tablespoons water, as needed
- Optional add-ins: fresh herbs (basil, parsley, chives), sundried tomatoes, smoked paprika, curry powder

Directions:

1. Combine all ingredients in a high-speed blender or food processor; blend until smooth and creamy.
2. Add more water if needed to achieve a desirable consistency, and adjust seasonings to taste. Get creative with adding other spices or herbs.
3. Store leftovers in an air-tight container in the fridge for up to 2 weeks.
4. Enjoy!