

I LOVE Mediterranean food which includes Hummus in large amounts along with fresh made Falafel and Greek salads. In some of my favorite restaurants the hummus is SO outstanding I've often wondered - how did they do that – as I finish the large plate every time. I finally tried my hands at making my own and seeing how easy it is and how great it taste I'm not sure I'll go back to store-bought, ever. I'll still order it at my favorite places, but for home, it doesn't get much easier than this.

HUMMUS – quick and easy, chunky or smooth and creamy

Yield: 1 cup

Ingredients:

¼ cup tahini
¼ cup lemon juice

1 clove garlic, minced
2 Tablespoons olive oil
1 teaspoon cumin
½ teaspoon salt (to taste)

1 cup chickpeas (1 cup fresh cooked or 1 cup raw sprouted or one 15 ounce can)

Directions:

Here's a tip – if using the Cuisinart Mini Prep like I do, add the garlic first to chop it then proceed as follows:

In a small food processor place the tahini and lemon juice and process until creamy

Add the garlic, olive oil, cumin and salt and process again. Scraping down the sides as needed

Add ½ the amount of chickpeas and process again. Then add the remaining chickpeas and process until texture desired.

NOTE:

The texture is all about how long you process the ingredients. I like a chunky hummus so processing a shorter time is perfect for my tastes.