

Traditional Hummus



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Vegan Traditional Hummus

Total cooking time: 10 minures

SERVINGS: 6

Ingredients

- 1 can chickpeas, drained and rinsed
- 1 teaspoon ground cumin
- 1 teaspoon salt
- Half a lemon, juiced
- 1-2 Garlic cloves
- 2 tablespoons tahini (paste made from ground sesame seeds)
- 3 tablespoons olive oil
- 1 ice cube

Directions

- Add all the ingredients to a food processor or blender. Process until smooth.
- Garnish with a sprinkle of cayenne pepper and/or paprika and a drizzle of olive oil.
- Serve with pita chips, carrots, celery, and more!