

Clean Slate Hummus

Did you know that hummus was not originally made with olive oil? We're going back to basics and making hummus the way it used to be made with all the flavor and pulling back on the fat and calories. We'll also talk about the super easy ways you can make different flavors of hummus for any occasion!

- 2 14 oz cans of low sodium, chickpeas (because we are using the aquafaba from one of the cans, please get a BPA-free can)
- 1-2 tablespoons tahini (to taste)
- 2-3 cloves of garlic
- juice of 1/2 lemon
- pinch of salt

Directions

Drain and rinse one of the cans of chickpeas. Drain and reserve the water from the other can.

Add all beans to a blender or a food processor. Add the remaining ingredients and let it whirl.

Drizzle in the reserved bean water (AKA: aquafaba) as the machine is running.

This can be as thick or thin as you like. I love it nice and thick!

It will keep for 3-5 days in the fridge, well sealed.



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