

YUMMY

Homemade Hummus



INGREDIENTS

1 can chick peas, rinsed

½ cup tahini

6 Tbsp lemon juice

1 Tsp cumin

1 Tbsp Olive oil

½ onion, roasted

3-4 garlic cloves roasted

½ tsp smoked paprika

½ tsp salt

Pepper to taste

6-8

Yield

20 MIN

Prep time

30 MIN

Total time

DIRECTIONS

1. Roast garlic and onion in oven. Coat them with some olive oil. Roast for 20 min at 400F or longer. You want them to be a bit blackened.
2. While things are roasting boil a tin of chick peas for about 15 min to soften.
3. Add all ingredients to food processor and process on high until smooth texture achieved. May have to add a small amount of water to achieve desired smoothness.

SPECIAL ADDITIONS

I have roasted red peppers with the garlic and onions. You can put the roasted peppers in with all the ingredients and process it all together OR you can dice the peppers and have as a topper on final product.