

DIY Hummus



BOISE STATE UNIVERSITY



MAKES 2 CUPS

PREP TIME: 15 MINUTES

COOK TIME: 0 MINUTES

INGREDIENTS:

- ¼ cup Tahini
- (2) 15.5 oz cans of chickpeas
- ½ cup water
- 3 tablespoons olive oil
- 2 teaspoons kosher salt
- Ground black pepper
- ½ teaspoon cumin
- ½ teaspoon ground coriander
- Carrots/Celery/Pita Chips to serve

INSTRUCTIONS:

1. Blend tahini and (drained) chickpeas in a food processor or blender
2. Add lemon juice and zest, garlic, coriander, and water. Blend until smooth.
3. Add olive oil and blitz for 10 seconds.
4. Remove blade before spooning into a serving bowl. Top with salt and pepper.

Nutrition Notes: A tasty way to get your vegetables and with tons of protein and fiber!