

Authentic Lebanese Hummus

Why buy store-bought hummus when you can make your own smooth authentic hummus! So easy, economical & delicious!!!

Preparation Time: 20 mins

Cooking Time: NA

Servings: 6

Amount	Ingredient	Cost - date:
15 oz can	Chickpeas	
3 Tbsp	Lemon Juice (fresh is best)	
2 Tbsp or more	Tahini	
2	Garlic Cloves	
1/2 tsp	Salt & to taste	
For Serving:		
	Extra Virgin Olive Oil	
	Paprika	
	Fresh Parsley	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Place chickpeas in a bowl of water and rub them together to peel the skin (optional step, but helps create a creamy texture).
2. Drain the garbanzo beans and transfer them to a food processor. Blend them alone until they become powder-like, scraping down the sides as needed.
3. Add the lemon juice, tahini, garlic cloves and salt (and optional 2-3 ice cubes), and blend for about 5 minutes until smooth. Taste and adjust as needed by adding more lemon juice or salt. Makes about 1 and half cups.
4. Spoon the hummus onto a plate or bowl, and spread the hummus with the back of a spoon to create swirls. Drizzle with olive oil, sprinkle with paprika and fresh parsley. Serve cold or at room temperature with veggies or pitas.

Storage: Store any leftovers in an airtight container. They will last about 5 days in the fridge.

SOURCE: Sue B. OR www.feelgoodfoodie.net/recipe/best-hummus/#wprm-recipe-container-5607

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!

“Give us this day our daily bread.” Matthew 6:11