

# Creamy creamy hummus

This dip is perfect to enjoy as a snack with vegetables or whole grain crackers. Use it as a sandwich spread instead of mayonnaise or mustard for an extra hit of protein and fibre.



Vegetarian



30 mins or less



Kid-friendly



Freezer-friendly



No-cook



PREP TIME  
5 min



COOK TIME  
0 min



SERVINGS  
2

## Ingredients

- 1 can (540 mL/19 oz) reduced sodium chickpeas, drained and rinsed
- 60 mL (1/4 cup) tahini (sesame seed paste)
- 5 mL (1 tsp) ground cumin
- 60 mL (1/4 cup) sodium reduced vegetable broth
- 2 mL (1/2 tsp) grated lemon rind
- 15 mL (1 tbsp) lemon juice
- 30 mL (2 tbsp) water (or more as desired)
- 1 clove garlic, minced

## Directions

1. In a food processor bowl, combine chickpeas, tahini and cumin. Pulse until coarse. Add broth, lemon rind and juice and water, adding more as necessary to make a smooth textured hummus. Whirl until very smooth. Stir in garlic.

## Tips

- ✓ **Take hummus to the next level with these fantastic variations:**
- ✓ **Navy Bean Hummus:** Omit chickpeas and tahini. Replace with 1 can (540 mL/19 oz) reduced sodium navy beans, drained and rinsed. Stir in 30 mL (2 tbsp) chopped fresh basil with the garlic.
- ✓ **Roasted Red Pepper Hummus:** Omit tahini and use 250 mL (1 cup) chopped roasted red peppers instead.
- ✓ **Herbed Hummus:** Stir in 60 mL (1/4 cup) of your favourite chopped herbs, such as basil, parsley, cilantro or mint.
- ✓ **Sundried Tomato Hummus:** Add 125 mL (1/2 cup) soaked sundried tomatoes, and use the reserved soaking liquid instead of the vegetable broth.

