

Hummus

Let's make a super yummy chickpea spread!

Length: 10 minutes

Difficulty: easy

Ingredients

- 1/4 cup lemon juice
- 1/4 cup tahini
- 2 tablespoons olive oil
- 1 clove chopped garlic
- 1/4 teaspoon cumin
- Pinch of salt
- 15 oz drained and rinsed chickpeas

Materials

- Food Processor
- Measuring cups/spoons
- Rubber spatula

ACTIVITY INSTRUCTIONS

(Parental Warning: Food Processor Use)

1. Combine 1/4 cup tahini and 1/4 cup lemon juice in a food processor and whip together for 1 minute.
2. Add 2 tablespoons of olive oil, 1 roughly chopped garlic clove, 1/4 tsp. Cumin, and a pinch of salt to the food processor and blend for 30 seconds.
3. Drain and rinse a 15 oz can of chickpeas. Add half of the chickpeas to the food processor and blend for 1 minute.
4. After a minute, add the remaining chickpeas and blend for 1-2 minutes.
5. Check the texture of the hummus. If it is too dry, add a few tablespoons of water and blend again.
6. Serve with your choice of veggies or crackers and enjoy!