



Cooking Together with Lily

Classic Savory Hummus

Ingredients

- 1 15oz can chickpeas, drained and rinsed
- ¼ cup tahini
- 1 lemon, juiced
- 1 clove of garlic, minced or 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon cumin
- Ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoons water

Directions

1. Add all of the ingredients except the olive oil and water to a food processor. Blend well, until the beans are completely ground and the hummus is creamy. This may take a minute or two. Stop and scrape down the sides of the food processor if needed as you go.
2. Add the olive oil and water and blend again. If the hummus is too thick add more water, one tablespoon at a time. Blending until smooth.
3. Taste and adjust the seasonings if needed, adding in more salt, lemon or garlic until the hummus tastes just how you like it.
4. Enjoy! Serve with cut raw veggies, pita or corn chips, or spread on bread and top with tomatoes or your favorite fresh veggies to make a quick and easy hummus toast.

Mix it up!

There are endless ways to flavor your hummus, try adding in spices, herbs, or roasted vegetables. Get creative!

A few of our favorite twists:

- Spicy hummus: add in 1-2 teaspoons of chili powder or chili flakes, depending on how spicy you like it.
- Red pepper hummus: add in ¾ cup chopped, jarred roasted red peppers and ½ teaspoon paprika.
- Lemon dill hummus: add in an extra ½ lemon, juiced, and 2-3 tablespoons chopped fresh dill.

Chocolate Hummus

Ingredients

- 1 15oz can chickpeas, drained and rinsed well
- ¼ cup tahini
- ¼ cup maple syrup
- 6 tablespoons cocoa powder
- 1 teaspoon salt
- 2 tablespoons water

Directions

1. Add all of the ingredients to a food processor. Blend well, until the beans are completely ground and the hummus is super creamy. This may take a minute or two. Stop and scrape down the sides of the food processor if needed as you go. If the hummus is too thick add more water, one tablespoon at a time. Blending until smooth.
2. Taste and adjust the flavor if needed, adding in more maple syrup, tahini, or cocoa powder until the hummus tastes just how you like it.
3. Enjoy! Serve with apple slices, pretzels, or spread on bread and top with sliced bananas for a sweet toast.

Hummus Two Ways

