

New You Hummus

INGREDIENTS

- 1 x 400g tin Chickpeas
- 3 x Tbsp. Whole Tahini* (Chantal)
- 2 x large garlic cloves or to your taste, crushed
- 3 x Tbsp. Lemon juice
- 2 large tsp ground Cumin
- 1/4 c ice cold water or 4 ice cubes
- Aquafaba to thin (cooking liquid in the tin) approx. 1/2 the tin

Did you know? Adding iced water or ice cubes to your hummus ingredients will make a creamier smoother hummus.

METHOD

1. Drain the beans, reserving the aquafaba.
2. Place all the ingredients in a food processor or blender up to water/ice. Blend until smooth.
3. Add aquafaba slowly to get it going so it will puree easily. Keep stopping & stirring the contents with a spatula. Take care not to use too much or you will have runny hummus.
4. Taste & adjust e.g., more lemon juice.
5. Refrigerate to store in a clean dish or sterilized jar.

NOTES

How to Use

- As a snack with vege sticks
- Add a dollop to some steamed vegetables
- Spread on whole grain toasted bread and top with sliced tomato
- Spread on corn thins, top with sauerkraut or tuna & spring onion
- Eat it in a wrap with salad greens and sliced chicken breast or marinated tofu slices
- Thin some down to make a drizzle dressing.

Best part is if you don't have tahini just add more aquafaba, extra lemon juice or vege stock liquid - completely fat free!*

