

Delicious

Homemade Hummus



Ingredients:

- Two cans of low-sodium chickpeas, rinsed and drained - recommend boiling them for about ten minutes so they are softer before blending.
- Three cloves garlic peeled
- $\frac{1}{4}$ red bell pepper
- One tablespoon of olive oil
- Juice of 1 lemon
- Two teaspoons cumin
- Two teaspoons Bragg liquid aminos or low-sodium soy sauce
- $\frac{1}{4}$ cup water or low-sodium vegetable broth
- $\frac{1}{8}$ teaspoon paprika to garnish

Directions:

1. Add all the ingredients, except the paprika, into a high-speed blender.
2. Blend at medium speed and gradually increase until the consistency of the ingredients is like a thick dip. If the hummus is too thick, you may need to add some additional water or vegetable broth, about one tablespoon at a time.
3. Garnish with paprika.

There are also many other ingredients you can use to enhance this recipe. For example, you could add a jalapeno pepper or a bunch of spinach. These additions would change the flavor profile of the hummus for your enjoyment.

Keep the hummus refrigerated in an airtight container for easy storage.

Source: Eatingwell.com. "Is Hummus a Healthy Food?"