

 **Prep:** 10 minutes  
 **Cook:** 0 minutes  
 **Servings:** 1-2 cups

# Traditional Hummus

## INGREDIENTS

- 1 can (~16 oz) Garbanzo Beans, any variety, *drained and rinsed*
- 3 cloves garlic, *crushed*
- 1 lemon, *juiced*
- 1 lemon, *zested*
- ¼ cup tahini
- 2 Tbsp extra-virgin olive oil (more may be needed for desired consistency)
- 2 Tbsp water
- Kosher salt, to taste (or medium-fine sea salt)
- Black pepper, to taste
- 2 Tbsp pine nuts, *toasted*
- 1 Tbsp fresh parsley, *minced*
- ½ tsp sumac
- ¼ tsp red pepper flakes

## DIRECTIONS

1. In food processor, add garbanzo beans, garlic, lemon juice, lemon zest, tahini, 2 tablespoons olive oil, water and pinch of kosher salt and black pepper.
2. Put lid on food processor and puree until smooth and creamy. Once hummus is creamy, stop food processor and taste hummus. Add more kosher salt if necessary.
3. Add hummus to serving plate or bowl and top with pine nuts, parsley, sumac and red pepper flakes.
4. Drizzle top with a little extra olive oil.

**Note:** To make hummus sesame-free, substitute cashew butter for tahini.

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### Nutrition Information (per 1.5 cups)

Calories 1,832	Carbohydrate 201g	Calcium 600mg (46%)
Total Fat 91g	Fiber 51g	Iron 26mg (142%)
Saturated Fat 11.5g	Sugars 34g	Potassium 3,101mg (66%)
	Protein 71.5g	

