

# Classic Hummus

## Ingredients:

- 3 cups cooked chickpeas (or two 15 oz cans, rinsed and drained)
- 1 large or 2 small cloves garlic
- 1/3 cup tahini
- ¼ cup fresh lemon juice (from about 1 lemon), or to taste
- ½-1 teaspoon fine-grain sea salt, or to taste
- 5-10 drops of hot sauce (optional)
- Extra-virgin olive oil, paprika, and minced parsley, for serving



## Instructions:

- 1) Rinse and drain the chickpeas. You might want to save a little of the water in case hummus is a little thick, add later.
- 2) With food processor running, add the garlic and mince. Then add tahini and lemon juice.
- 3) Add chickpeas, salt, and hot sauce (if using), and process until combined, adjusting the quantities as needed to taste. Add 4-6 tablespoons of water or leftover chickpea liquid to reach desired consistency. Process until smooth, scraping down the bowl as needed.
- 4) Transfer hummus to serving bowl and top with drizzle of olive oil, the reserved chickpeas, a sprinkle of paprika, and minced parsley.

Tips: Homemade hummus has the tendency to thicken when chilled. To thin out, simply add a splash of olive oil or water and stir to combine. Homemade hummus will keep in an airtight container in the fridge for at least 1 week.



[www.drserna.com](http://www.drserna.com)  
[info@northcypresswellness.com](mailto:info@northcypresswellness.com)  
(281)807-5300  
Recipe adapted from *Oh She Glows Cookbook*