

Hummus

John Selick, CEC | University Hospitals Ahuja Medical Center

Yield: 4 cups

Ingredients

Garbanzo Beans

Fresh Garlic, minced

Tahini

Olive Oil

Lemon Juice

Garlic Powder

Cumin

Paprika

Salt and Pepper

Water

Amounts

1 ¼ pound

2 teaspoons

2 teaspoons

7 ounces

juice of 1 lemon

1 teaspoon

1 teaspoon

½ teaspoon

to taste

3 ounces

Method

Blend all ingredients except water in a food processor into a smooth paste. Use water to adjust consistency and add salt and pepper to taste. Keep refrigerated for up to a week.

Variations

Add ½ cup of roasted red peppers for red pepper hummus

Add ½ cup of roasted garlic cloves for roasted garlic hummus

Add 1 cup blanched broccoli for broccoli hummus

Applications

Use in place of peanut butter for “Ants on a Log”

Use as a dip for vegetables

Use in wraps with gluten free tortilla

Use as a pizza topping on gluten free pizza shells

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