

BAGEL WITH HOMEMADE HUMMUS

INGREDIENTS

- 1 whole grain bagel
- ¼ cup Kalamata olives, sliced
- ¼ cup cherry tomatoes, sliced
- 4 tbs hummus

HUMMUS INGREDIENTS

makes 1 ½ cups total

- 1 15 oz can of chickpeas
- ¼ large lemon
- ¼ cup tahini
- 1 clove garlic, minced
- ½ tsp ground cumin
- 2 tbs aquafaba from chickpea can
- dash paprika
- salt to taste (1-2 tsp)

DIRECTIONS

1. Blend tahini and lemon juice in food processor for 1 min, scrape the sides and process for 30 more seconds
2. Add garlic, cumin, and ½ tsp salt to this mixture and process 30 seconds until mixed.
3. Open, drain, and rinse chickpeas. Add half to food processor and process 1 min
4. Scrape sides and add rest of chickpeas, then process 1 more min. Scrape sides again and process 1-2 minutes until thick and smooth
5. To thin out and make even smoother, slowly add 2-3 tablespoons of water from can into food processor while it is running. Taste for seasonings and adjust.
6. Serve open-faced on toasted bagel with olives and cherry tomatoes for a hearty, healthy, fun breakfast!

