



HUMMUS - HOMEMADE AND OIL FREE

INGREDIENTS

- 2 cans drained garbanzo beans
- 1 can garbanzo beans with liquid
- 3 cloves of garlic, minced
- ¼ cup of lemon juice

Add more or less garlic and lemon juice to get your desired taste. Also add more or less aquafaba to get the consistency you want.

OPTIONAL

To make different flavors add ingredients such as: roasted red pepper, cilantro, edamame, spinach, tahini, smoked paprika, cayenne pepper, cumin, sun-dried tomatoes, chopped olives.... Endless possibilities!

Skip the tahini paste if you're watching the calories

DIRECTIONS

1. Add first 2 cans garbanzo beans with garlic and lemon juice in food processor until smooth.
2. Add other garbanzo beans with liquid until desired consistency.

