

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Classic Hummus

3 cups (750mL) cooked chickpeas
(from 1 cup dry chickpeas or two 15-
ounce/425-g cans)

1 large or 2 small cloves garlic

1/3 cup (75 mL) tahini

1/4 cup (60 mL) fresh lemon juice
(from about 1 lemon), or to taste

1 teaspoon (5mL) fine-grain sea salt,
or to taste

5-10 drops hot sauce (optional)

Extra-virgin olive oil, paprika, and
minced parsley, for serving

Pita Chips for serving



Rinse and drain the chickpeas. If you have time, remove the skins: Squeeze a chickpea between your forefinger and thumb and push to pop off the skin. Discard the skins, and set aside a handful of chickpeas for serving.

With the food processor running, add the garlic to mince.

Add the chickpeas, tahini, lemon juice, salt, and hot sauce (if using), and process until combined, adjusting the quantities as needed to taste. Add 4 to 6 tablespoons (60 to 90 mL) water to reach the desired consistency. Process until smooth, scraping down the bowl as needed. (I like to let my processor run for at least a couple of minutes.)

Transfer the hummus to a serving bowl and top with a drizzle of olive oil, the reserved chickpeas, a sprinkle of paprika, and minced parsley. Serve with Pita Chips, if desired.

Recipe from The Oh She Glows Cookbook by Angela Liddon