

LOWFAT VEGAN HUMMUS

INGREDIENTS

Soak 8oz of dried chickpeas (also known as garbonzo beans) overnight

2 tbsp lemon juice (lime juice works too but use about 1 and 1/2 tbsp or use 1 tbsp Apple Cider Vinegar for those who can't get lemon)

2 cloves garlic, roughly chopped

1/2 tsp (2 mL) ground cumin

1/4 tsp (1 mL) each salt and pepper

1 tbsp olive oil

3 tbsp water

Optional adds some fat but also good nutrition add 1 tbsp tahini (or take 1 tbsp sesame seeds and soak in water just enough to cover while chickpeas are soaking. Do NOT drain liquid from sesame seeds. Add sesame seeds and what water is left into food processor.

Optional paprika to sprinkle on top

PREPARATION

Pour off water from soaked chickpeas. Rinse well. Place in pressure cooker with about 1 inch of water covering chickpeas. Turn on flame to high until steam starts to release. Then turn to low for about 10 minutes. Turn off stove and let pressure cooker sit until ready to open.

(You can also cook in a regular pot but takes about 30 to 45 minutes.)

In food processor, blend chickpeas, lemon juice (or lime or apple cider vinegar), garlic, cumin, salt and pepper until smooth. Add spices to taste. Add

water to thin for desired consistency. Scrape into bowl. Can be covered and refrigerate for up to 3 days

