

# Hummus

## Ingredients

- 1 can (15 ounces) chickpeas, rinsed
- 1/2 teaspoon baking soda
- 1/4 cup lemon juice
- 1 garlic clove, peeled
- 1/2 teaspoon salt
- 1/2 cup tahini
- 2-4 tablespoons ice water
- 1/2 teaspoon ground cumin
- 1 tablespoon olive oil

## Instructions

1. Boil chickpeas and baking soda until chickpeas are bloated and their skins are falling off – about 30 minutes. Drain and rinse.
2. While chickpeas are boiling, process lemon juice, garlic, and salt until smooth. Wait 10 minutes.
3. Add tahini and water to the food processor and process until smooth.
4. Add chickpeas and cumin to the food processor and process until smooth.
5. Season to taste.