

OIL-FREE GARLIC HUMMUS

Makes about 1.5 cups

ingredients

15 oz can of chickpeas, drained liquid (aquafaba) reserved

¼ cup of aquafaba

1 tsp baking soda, *optional*

2 - 3 cloves of garlic

2 tablespoons tahini

Juice of 1 lemon (2 - 3 tablespoons)

½ teaspoon salt, or to taste

Optional toppings: paprika, roasted pine nuts, oregano, etc



Recommended kitchen gadgets

Hand-held mixer and food processor/blender

directions

Bring a small pot of water to boil. While you wait, open your can of chickpeas reserve ¼ cup of the aquafaba liquid and set aside. Then, rinse the chickpeas.

Once boiling, add 1 teaspoon of baking soda and the chickpeas to the pot. The baking soda will help loosen the peels. Since the chickpeas are already cooked, only leave them in there for 2-3 minutes (until you start seeing some of the peels float). Remove from the heat and immediately strain and rinse with cold water.

Now, you'll want to go through the chickpeas and discard as many of the peels as possible for a smooth texture. Add the chickpeas, garlic, tahini, lemon juice, and salt to your food processor.

Next, add your aquafaba to a bowl and whip it with a hand-held blender. This should take about 4 minutes, more or less. Once the aquafaba is creating peaks, add it to your food processor. Blend everything until smooth, about 1 - 2 minutes.

Store hummus in a well-sealed container in the fridge for up to 5 days (no preservatives here!). Enjoy!

