



Light Hummus

Total: 5 min · Prep: 5 min · 3 servings · Easy · Secret

Vegetarian

Vegan

Gluten-Free

Dairy-Free

INGREDIENTS

200 g Chickpeas (boiled or canned)

2 tbsp Olive oil

2 tbsp Tahini (sesame paste)

2 tbsp Lemon juice

1 pc Garlic

0.5 tsp Salt

0.5 tsp Cumin

2 tbsp Water

INSTRUCTIONS

- 1** If using canned chickpeas, rinse them under cold water. If fresh, boil until soft. In a blender or food processor, mix chickpeas, olive oil, tahini, lemon juice, garlic, and salt. Optionally add cumin for aroma.
- 2** Gradually add water until you reach the desired creamy hummus texture. Blend all ingredients until smooth. If needed, add a little more oil or water.
- 3** Transfer the hummus to a bowl, garnish with olive oil, paprika, or sesame seeds.

Nutrition per serving: 267 kcal · Protein **8.0 g** · Fat **15.0 g** · Carbs **24.0 g** · Fiber **6.2 g**