

Hummus



Ingredients

1 can canned chickpeas

3 tablespoon chickpea water (from canned chickpeas)

2 tablespoon tahini

1/2 garlic clove

1 lemon, juiced

pinch of salt

1/2 teaspoon chopped parsley for garnish

Instructions

Place all hummus ingredients into the bowl of a food processor or use an immersion blender and blend until smooth.

Taste for desired saltiness and garnish with parsley. Enjoy!

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