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# Oil-Free Hummus

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Servings: this makes about 6 servings as an appetizer. See underneath for a triple-size to have all week-long.

## Ingredients

- 2 cans chickpeas, rinsed and drained
- 3 cloves garlic (or more if you love garlic!)
- Juice of 1 lemon
- 1-2 teaspoons ground cumin (based on your preference)
- 1-2 teaspoons Bragg Liquid Aminos (based on your saltiness preference)
- ¼ cup water or vegetable broth. (Can use non-dairy milk instead for a creamier consistency)
- optional: ¼ cup tahini
- optional for serving: smoked paprika and a lemon wedge, a few whole chickpeas
- \*\*Sliced vegetables for dipping: carrots, celery, cucumber, tomatoes, broccoli, cauliflower, bell pepper

## Directions:

1. Blend all the ingredients, except the last “optional for serving” ingredients, in a food processor until completely smooth and creamy. You may need to stop the processor and scrape down the sides a few times to achieve this.
2. Serve in a bowl with optional garnishes.
3. Refrigerate leftovers for up to 5 days.
4. Serve with fresh vegetables for dipping.

## **TRIPLE BATCH:**

## Ingredients

- 6 cans chickpeas, rinsed and drained
- 9 cloves garlic (or more if you love garlic!)
- Juice of 3 lemons
- 3-6 teaspoons ground cumin (based on your preference)
- 3-6 teaspoons Bragg Liquid Aminos (based on your saltiness preference)
- 1 cup water or vegetable broth. (Can use non-dairy milk instead for a creamier consistency)
- optional: 1 cup tahini