
Ruby's Zesty Hummus

By Ruby Lathon, PhD



Hummus is a staple in my household!

Base Ingredients:

- 2.5 cups chickpeas (soaked for 24 hours, optional, drain and sit for 24 hours to sprout, rinse every 12 hours)
- 3 tablespoons tahini (sesame seed paste)
- 2 tablespoons tamari
- 2 tablespoons olive oil
- Juice of 1 lemon
- 4 garlic cloves
- 2-3 sundried tomatoes, chopped
- 1 tomatillo (or substitute 1 small green or 1 vine ripened tomato)
- 1/2 bunch of parsley (optional, substitute cilantro)
- 1 teaspoon chili powder
- 1/2 to 1 teaspoon cayenne
- 1/2 to 1 teaspoon sea salt
- 1/2 teaspoon cumin
- 2-4 tablespoons of water

Directions:

1. Drain and rinse soaked chickpeas. Add chickpeas and garlic to a food processor; pulse until chickpeas are chopped.
2. Add all other ingredients to food processor except water and olive oil.
3. Process until ingredients are well incorporated, add olive oil while processing. Add water until desired thickness/looseness is achieved.
4. Taste and adjust seasonings as needed. Serve immediately or refrigerate.
5. Serving Suggestion: Garnish with chopped tomatoes; serve with fresh vegetables or gluten-free crackers.