

## **Nalini's Hummus**

### **What You Need**

1½ cups cooked chickpeas, drained and rinsed  
⅓ cup smooth tahini  
2 tablespoons extra-virgin olive oil  
2 tablespoons fresh lemon juice, or more to taste  
1 garlic clove, whole  
½ teaspoon sea salt  
1 teaspoon ground cumin  
5 tablespoons water, or as needed to blend

### **How The Alchemy Happens**

In a high-speed blender or food processor add the tahini, process for a few minutes until light and fluffy.

Add olive oil, lemon juice, garlic, and salt and process until garlic is well blended.

Add chickpeas, process until very smooth and creamy, adding water one tablespoon at a time as needed to reach your desired consistency.

~ Nalini Goordial, Kitchen Wizardry  
[www.quabbinfoodconnector.org/recipes/hummus/](http://www.quabbinfoodconnector.org/recipes/hummus/)