

# HUMMUS RECIPES

## CLASSIC HUMMUS

(makes 1 ½ cups)

### Ingredients:

- ▶ 1 ½ cups (250 grams) cooked chickpeas.
- ▶ ¼ cup fresh lemon juice (1 large lemon)
- ▶ ¼ cup well-stirred tahini (recipe towards the end of blog)
- ▶ 1 small garlic clove (minced)
- ▶ 2 tbsp (30 ml) extra-virgin olive oil (plus more for serving)
- ▶ ½ tsp ground cumin.
- ▶ Pink Himalayan salt to taste
- ▶ 2-3 tbsp water

### Method:

1. In a food processor, combine tahini and lemon juice and process for 1 minute, scrape the sides and bottom and then process for 30 seconds more. This extra whip to the tahini will make the hummus smooth.
2. Add the olive oil, minced garlic, cumin and a 1/2 teaspoon of salt to the whipped tahini and lemon juice.
3. Process for 30 seconds, scrape the sides and bottom and then process another 30 seconds or until well blended.
4. Add half of the cooked chickpeas to the food processor and process for 1 minute.
5. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth (1 to 2 min)
6. Now slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.
7. Taste and adjust salt as needed.
8. Serve hummus with a drizzle of olive oil and dash of paprika.
9. Store homemade hummus in an airtight container and refrigerate up to one week.





# LUKE COUTINHO

Integrative & Lifestyle Medicine | Holistic Nutrition

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### BROCCOLI HUMMUS

#### Ingredients:

- ▶ 2 cups broccoli florets (chopped)
- ▶ 2 tbsp tahini paste
- ▶ ¼ cup olive oil (extra-virgin)
- ▶ 3 tbsp water (same water in which chickpeas was cooked)
- ▶ 2 tbsp lime juice
- ▶ 2 cloves garlic
- ▶ 1 ½ cups cooked chickpeas
- ▶ ¼ tsp cumin
- ▶ ½ tsp pink Himalayan salt

#### Method:

1. Bring water to boil in small saucepan, add broccoli florets and cook for 2-3 minutes.
2. Remove from heat and drain water using a colander.
3. Place broccoli florets in food processor with tahini paste (check tahini recipe), olive oil, water, lime juice and garlic.
4. Process until smooth. Scrape down sides of food processor.
5. Add chickpeas, cumin and salt. Process until smooth.
6. Serve immediately or keep in the refrigerator for 3 to 5 days.



# HUMMUS RECIPES

## CARROT HUMMUS

### Ingredients:

- ▶ 1 cup cooked chickpeas
- ▶ 1 cup carrots (roughly chopped)
- ▶ 1 tbsp lemon juice
- ▶ 2 tsp garlic paste
- ▶ ½ tsp ground cumin
- ▶ ½ tsp turmeric
- ▶ ½ tsp pink Himalayan salt
- ▶ 1 teaspoon dried basil
- ▶ 2 tablespoons tahini
- ▶ 2 – 4 tbsp water for desired consistency
- ▶ 1 – 2 tbsp extra virgin olive oil to drizzle on top

### Method:

1. Place all ingredients except for the water and olive oil in a food processor (or blender) and pulse until combined.
2. Remove the lid and stir ingredients to push down anything that has made its way to the top.
3. Add water 1 tablespoon at a time until you get the desired consistency.
4. Drizzle olive oil over the top before serving.



# HUMMUS RECIPES

## PEAS HUMMUS

### Ingredients:

- ▶ 1 cup cooked chickpeas
- ▶ 1 cup boiled green peas
- ▶ 2 tbsp tahini
- ▶ 2 tbsp chopped fresh mint (optional)
- ▶ 1 tbsp extra virgin olive oil
- ▶ 1 clove garlic (minced)
- ▶ Juice of ½ lemon
- ▶ ½ teaspoon pink Himalayan salt
- ▶ 2 – 4 tbsp water for desired consistency

### Method:

1. Add all ingredients to a food processor or blender and turn on.
2. Slowly pour in the water until desired consistency is reached.
3. Drizzle olive oil over top before serving



## HUMMUS RECIPES

### TAHINI

(makes 1/2 cup)

#### Ingredients:

- ▶ 1 cup sesame seeds (prefer hulled)
- ▶ 2 – 4 tbsp extra virgin olive oil
- ▶ Pinch of pink Himalayan salt (optional)

#### Method:

##### 1. ROAST SESAME SEEDS

- ▶ Add sesame seeds to a wide, dry saucepan over medium-low heat and roast, stirring constantly until the seeds become fragrant and very lightly coloured (not brown) for 3 to 5 minutes.
- ▶ Careful here! Sesame seeds can burn quickly.
- ▶ Transfer toasted seeds to a large plate.

##### 2. MAKE TAHINI

- ▶ Add sesame seeds to a food processor then process until a crumbly paste form, about 1 minute.
- ▶ Add 3 tablespoons of the olive oil then process for 2 to 3 minutes more, stopping to scrape the bottom and sides of the food processor a couple times.
- ▶ Check the tahini's consistency. It should be smooth, not gritty and should be pourable.
- ▶ You may need to process for another minute or add the additional tablespoon of olive oil.
- ▶ Taste the tahini and then add salt to taste. Process 5 to 10 seconds for it to blend well.
- ▶ You can store this mixture for a month.

