

Simple Hummus

Ingredients

- 3 cups canned chickpeas
- 2 cloves garlic, minced
- 1/3 cup tahini
- 1 lemon (juice)
- Salt to taste
- 1 bag Stacy's® Sea Salt Pita Thins



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	20 min	30 min	6

How to make it

1. Place the chickpeas in a pot, cover them with water and simmer for 20 minutes to soften.
2. Once done, drain them and peel the chickpeas.
3. Add the chickpeas to the food processor and process until smooth.
4. Once it is smooth, add the rest of the ingredients and process for 3-4 more minutes.
5. If your hummus remains too thick, you can add some warm water to achieve the desired consistency.
6. Refrigerate for an hour.
7. Serve with Stacy's® Sea Salt Pita Thins for a light and healthy snack.

Made with



Stacy's® Sea Salt Pita Thins