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## Hummus made from chickpeas

This post may contain affiliate links. Please read our disclosure policy. This really is the best authentic hummus recipe! Made with a handful of ingredients, this easy to make dip is creamy and a real treat for the tastebuds. Made with tahini, this healthy homemade hummus is perfect for dipping and can be used in sandwiches, salads and burgers. I’ve gotta admit, I’ve only been blogging for 6 years and I’ve never titled any of my recipes “Best [blank] Recipe” ever. But, that’s how much confidence I have in this hummus recipe. I’m going to sound overly confident, but you guys, this is seriously the best hummus recipe. Ever. It’s thick, smooth, rich and ultra creamy – just the way hummus should be! What is hummus? By now hummus has become pretty mainstream, and is sold in all grocery stores. It’s essentially a Middle Eastern dip or spread that’s made by blending chickpeas, tahini (sesame paste), lemon juice, garlic and salt. Then, it’s served with extra virgin olive oil and traditionally eaten with arabic bread (pita). It’s a very healthy snack that you can eat as a dip or add to grain bowls, sandwiches or salads. This hummus recipe is the classic traditional Lebanese hummus that I grew up eating. I learned it from both my parents, one who likes it extra lemony, and the other who likes it extra garlicky. I think I’ve found the right balance between both my parents’ recipes to make my version of the best hummus recipe. What do you need to make hummus There are only 4 main ingredients in this homemade hummus recipe. Because of the small amount of stuff that goes into this recipe, it’s important that each of those ingredients is high quality! That’s what separates it from store bought hummus. Chickpeas: There are three basic options for chickpeas. First, you can start with dry chickpeas and pressure cook them. Second, you can use canned chickpeas and boil them for 10 minutes to allow them to soften. Or third, you can use canned chickpeas, soak them in warm water and baking soda and peel off the skin. I usually opt for either of the last two methods. If you’re soaking with baking soda, you’ll need 1.5 teaspoons for every 15 oz can of chickpeas. It takes about 5 minutes, and creates the best texture! This is the chickpea before and after peeling off the skin. Tahini: Not all tahini is created equal. Look for high quality brands that only have one ingredient – mechanically hulled sesame seeds. And make sure the tahini is not separated. If it does get separated in the jar, give it a good stir before adding it to the food processor. Lemon: Freshly squeezed. Always. Garlic: Use fresh garlic for the best taste. Don’t use pre-peeled garlic as it won’t have the same robust flavor as the ones in the bulb. And if there are any green sprouts growing in the middle, it’s best to remove those before adding to the food processor. How to make this authentic hummus recipe STEP 1: Prepare the ingredients: There are only 4 ingredients, so it’s not too bad. Preparing the chickpeas is the only time consuming part since you’ll either need to pressure cook, boil or soak and peel them. STEP 2: Puree the chickpeas on their own in the food processor until they become powder-like. STEP 3: Add the remaining three ingredients and process together, running the machine for 4-5 minutes until the mixture is smooth and creamy. You may need to stop the food processor from time to time to scrape down the sides. If the hummus is looking grainy, I would recommend adding an ice cube or two in there, which helps to smoothen out the mixture. STEP 4: Taste and adjust. My parents can never tell me the exact measurements for the garlic, lemon and salt. And most Lebanese cooks won’t tell you either. They always say you gotta taste and adjust. And as much as I want to have the perfect measurements for you guys, it’s a matter of preference. So please, taste and adjust! Tips for making the best hummus Soak chickpeas in baking soda. Whether you are boiling the chickpeas, soaking them briefly in a bowl or cooking them in the pressure cooker, the baking soda softens the skin. The softer skin helps them peel off easily or blend more easily. And here’s a bonus benefit: the baking soda can also help reduce gas and bloating!Peel the chickpeas. I mentioned this earlier as one of the options for creating a smooth and creamy homemade hummus texture. But I found that peeling the chickpeas, although a little tedious, can create such a difference in the texture.Add ice cubes to the blender. This sounds a bit crazy, but it’s a tip I learned from my dad and it totally works. I never understood it until I tried it. But basically it gives it a freshly churned ice cream-like texture. I would recommend adding at the step with the tahini, lemon and garlic, especially if the hummus is looking grainy.Use a strong blender and blend for at least 4-5 minutes. I’ve seen a difference in the texture by testing two levels of blenders and the blender definitely matters. The truth is, it will most likely never be as creamy as the store-bought and restaurant ones because of the actual machine they use for blending. So one way to remedy that is to blend longer. I love how popular hummus has become, and I love that it’s so easy to find it everywhere these days from grocery stores to airports to school lunch menus. But don’t forget how easy it is to make homemade hummus. I haven’t found one store-bought brand that beats my hummus recipe. It’s just more fresh and delicious! Frequently asked questions How long does home-made hummus last for? If you have any leftovers, or are making a large batch, you can store it in an air tight container in the fridge for about a week. It tastes even better the next day. What can I use instead of tahini? Tahini is a paste made from sesame seeds, and it is essential in this authentic hummus recipe. Most stores will carry it. If you are having real trouble finding it or have allergies to sesame seeds, you can use olive oil in its place. Can I freeze hummus? Yes, you can freeze hummus for up to 3 months. Just make sure to put it in an airtight container and don’t fill it all the way up because it will expand as it freezes. There are so many ways to enjoy hummus as a dip or in sandwiches, wraps, burgers and salads! But there’s not like drizzling on that olive oil and eating it with Arabic bread (pita). Two other fun ways to enjoy hummus or any leftovers you may have is to make Hummus Toast or Hummus Pasta. More Middle Eastern dips: This authentic hummus is one of my favorite Lebanese recipes and it’s truly a recipe that I’ve perfected after making it a couple times a month for many years. It really is the best hummus I’ve had and I can’t wait for you all to try it! If you’ve tried this healthy-ish feel good best hummus recipe or any other recipe on FeelGoodFoodie, then don’t forget to rate the recipe and leave me a comment below! I would love to hear about your experience making it. And if you snapped some shots of it, share it with me on Instagram so I can repost on my stories! Place chickpeas in a bowl of water and rub them together to peel the skin (optional step, but helps create a creamy texture).Drain the garbanzo beans and transfer them to a food processor. Blend them alone until they become powder-like, scraping down the sides as needed.Add the lemon juice, tahini, garlic cloves and salt and 2-3 ice cubes, and blend for about 5 minutes until smooth. Taste and adjust as needed by adding more lemon juice or salt.Spoon the hummus onto a plate or bowl, and spread the hummus with the back of a spoon to create swirls.Drizzle with olive oil, sprinkle with paprika and fresh parsley. Serve cold or at room temperature. Storage: Store any leftovers in an airtight container. They will last about one week in the fridge. Sourcing: You can find the tahini at Middle Eastern markets, natural-food stores or even in large supermarkets, often located with other Middle Eastern ingredients. Substitutes: For best results, follow the recipe as is. However if you are allergic to tahini, I would recommend using olive oil in its place. If you have other questions about any substitutions, please feel free to ask. Equipment: I use the Kitchen Aid food processor to make the hummus. It is super efficient and blends at an incredible speed to create a smooth and creamy consistency. Nutrition: Please note that the nutrition label provided is an estimate based on an online nutrition calculator. It will vary based on the specific ingredients you use. This information should not be considered a substitute for a professional nutritionist’s advice. The nutrition value is for one serving without any toppings. Calories: 95kcal, Carbohydrates: 11g, Protein: 4g, Fat: 4g, Sodium: 393mg, Potassium: 132mg, Fiber: 3g, Vitamin A: 10IU, Vitamin C: 3.5mg, Calcium: 34mg, Iron: 1.1mg From My Bowl uses cookies to improve your experience. We'll assume you're ok with this, but you can opt-out if you wish.Accept Reject Read MorePrivacy & Cookies Policy Today we’re doing a deep dive on how to make the best hummus at home. You’ve probably eaten your fair share of hummus, but once you try your homemade hummus recipe, you’ll never go back to the cold, flavorless hummus containers that lines grocery store shelves. Keep reading for every tip and trick I’ve learned over the last 5 years of making hummus from scratch. The result is hummus that is extremely creamy and smooth (never gritty or chunky) and boldly nutty and rich in flavor. Hummus (alternately spelled “humus”, “houmous” and “hommus”) is the Arabic word for “chickpeas”. It’s a dip or spread made primarily with cooked chickpeas, tahini, garlic, lemon, and salt; some versions also contain cumin. Speaking of chickpeas, if you are looking for more uses for chickpeas, check out my post on “every way to use a can of chickpeas.” Hummus has been a staple in many Middle Eastern countries for centuries, though there are countless regional and family variations. There’s actually quite a debate about who invented hummus and which countries can claim hummus as their own. If you’re interested in reading more, check out this article on who invented hummus and this article on hummus’s origins. For more cultural and sociopolitical context, I also recommend the books of Palestinian food writer and historian, Reem Kassib (The Palestinian Table (2017) and The Arabesque Table (2021)). In restaurants across the Middle East, hummus is typically made from scratch and served fresh on the same day. It’s not just served as an appetizer or snack, as is commonly the case in the West. It can be served at breakfast, lunch, and dinner as part of a main dish or as a side dish. I have been making hummus from scratch for the last 5-6 years, and it’s been life-changing (no joke). I learned how to make hummus primarily from three chefs and their cookbooks–Yotam Ottolenghi, Sami Tamimi, and Michael Solomonov–so my recipe and techniques are largely influenced by these chefs. Side note: Flavor (Ottolenghi, Belfrage, Wigley), Plenty More (Ottolenghi and Falastin (Tamimi, Wigley) are some of my favorite cookbooks (the topping in this hummus is inspired by the hummus recipe in Flavor!). They’re not vegan but there are many vegan-friendly options and easy-to-veganize recipes. Plus, you’ll learn so much about cooking! The problems with store-bought hummus Store-bought hummus, the kind sold in the refrigerated section of the grocery store, is a commercialized American invention. And it fails to deliver in terms of taste and texture. Let’s talk texture first. In Middle Eastern countries, hummus is not served cold. Rather, it’s served warm or at room temperature because when it’s cold, the texture is stiff and even gloopy. That thick texture that clings to the back of a spoon for dear life? That’s NOT what you’re looking for. Hummus should be creamy, yes, but it should also be somewhat loose and pliable. A very gloopy, thick, and stiff store-bought hummus. Hummus should be loose enough that it doesn’t cling to a spoon like this. Flavorwise, when served cold, many of the flavors that make hummus amazing simply lie dormant. Not to mention that store-bought hummus also lacks the nutty richness that freshly made hummus is known for. And, as chef Michael Solomonov mentions in his cookbook Zahav (the titular name of his restaurant where hummus is the most popular dish on the menu): “[Even the best store-bought hummus] requires certain additives to make it shelf-stable–most likely citric acid. These additives turn hummus sharp and sour-light years away from the dreamy qualities of fresh hummus.” – Chef Michael Solomonov There’s also considerable variation across hummus brands. Some are uniformly smooth, others gritty and thick. Some brands do a decent job of tasting like hummus, others bear no recognition. And of course there’s the endless flavored hummus options to choose from – roasted red pepper, beet, sun-dried tomato, etc. And some varieties that don’t use chickpeas at all (hummus translates to chickpeas in Arabic!) And if you want my really personal opinion, here’s what I’ll say. I hadn’t purchased hummus in almost a year when I started filming this Youtube video and writing this blog post. For the sake of thoroughness, I bought some hummus to test, and let’s just say I was SHOCK at how bad it was. I even bought a brand of hummus that I used to eat on a semi-regular basis and couldn’t stomach more than a tiny bite. All that to say, if you want to experience hummus like it’s intended to be experienced, ditch the store-bought stuff! Ingredients for the best hummus The ingredients for hummus are minimal and simple, another reason you should make it at home! Chickpeas, aka garbanzo beans. Obviously, as hummus quite literally means chickpeas in Arabic. Canned or dried chickpeas? Keep on reading in the next section. Tahini. The second primary ingredient is tahini, which is simply sesame seed paste. Tahini is widely available commercially, though there is considerable difference across brands. Since it’s a primary ingredient (and you need a generous amount of it), it is essential to use a good-quality tahini when making hummus. Most traditional hummus recipes (at least the ones I’ve seen) don’t use olive oil in the actual hummus (rather it’s poured on top of the hummus, before serving). So, you need to use a good deal of tahini to bring the hummus together. Skip to the tahini section below to read more on recommended brands and whether making tahini from scratch is worth it. Lemon. Lemon juice is essential in hummus, though there is a wide range in the amount used across recipes. Personally, I like mine very lemony so I use more lemon than many recipes. Also, in a recipe that has such few ingredients, using the best-quality ingredients is key. Which is why you need freshly squeezed lemon juice (no plastic lemon bottles!). Garlic. Some people (hi, me!) like their hummus very garlicky. If you don’t love the sharpness of raw garlic, you can (1) use less garlic (start with 1 clove) or (2) quickly marinate the garlic in the lemon juice. This is what Solomonov does in his hummus recipe (in his cookbook Zahav). To do this, add the garlic and lemon juice to a food processor or blender. Blend for a few seconds on high until you have a coarse puree. Rest for 10 minutes to allow the garlic flavor to mellow out. Or, you can use toum, a Lebanese garlic sauce that’s less pungent than raw garlic. Check out my friend Cosette’s recipe for toum on her website. Salt. Obviously, we need some flavor! I use Diamond Crystal kosher salt in my cooking, which is about half as salty as sea salt by weight. So if you’re using sea salt, use about half the amount to taste. I don’t recommend using table salt, as it has a tiny metallic taste (at least my tastebuds think so). Ice water. Water is necessary to further bring the hummus together. I use ice water (learned that from chefs Ottolenghi and Tamimi) because it makes the texture even creamier and it gets almost fluffy, pillowy, and whipped in consistency. What kind of chickpeas should you use to make hummus. For the best consistency hummus, you’ll want to use dried chickpeas. Cooking chickpeas from scratch enables you to cook down the chickpeas until super soft, which is one of the secrets for getting super smooth, luxurious hummus. But don’t worry, you can still make great hummus from canned chickpeas that’s 10 times better than store-bought hummus. More on how to do that in the “how to make hummus from canned chickpeas” section. How to cook dried chickpeas First, soak the chickpeas. This softens the chickpeas, speeding up the cook time; it also aids in digestion. To soak chickpeas, simply add to a large bowl and cover them with enough cold water. Cover the bowl and soak for 8 hours (or up to 12 hours). I also add baking soda to the soaking water (½ teaspoon for 8 ounces/227g of chickpeas). Tip: Adding baking soda to the soaking water AND the cooking water helps to soften chickpeas the most and does so quickly (they get really soft in just 45 minutes). Plus, the baking soda helps remove many of the chickpea skins so you don’t have to peel them individually. And soft chickpeas without skins = creamy, smooth hummus. Once soaked, drain and rinse the chickpeas. If you want to soak your chickpeas but forgot to do it overnight, you can try this quick soak method. Add the chickpeas to a saucepan and cover with several inches of water. Add the baking soda (½ teaspoon for 8 ounces chickpeas). Bring to a boil and boil for 2 to 3 minutes, then take the saucepan off the heat. Cover and allow the beans to soak for 1 hour. Cooking dried chickpeas in the instant pot Soak the chickpeas per the above instructions, then drain and rinse. Add the chickpeas to your Instant Pot with 3 ½ to 4 cups of water, along with ½ teaspoon baking soda and 1 teaspoon kosher salt. Pressure cook at high pressure for 15 minutes, followed by a natural pressure release. Cooking dried chickpeas on the stove Add 8 ounces/227g of dried and soaked chickpeas + ½ teaspoon of baking soda to a medium saucepan (I used a deep sauté pan since my saucepan was dirty). If doubling the recipe, use a larger saucepan. Cover the chickpeas with 6 cups (1.45L) of water. Bring the chickpeas to a boil. As they come to a boil, you’ll notice that a thick white foam starts building on the surface. Use a spoon to skim off as much of it as you can (if thin traces remain, that’s okay). Once boiling, reduce the heat and cover the pot. Adjust the heat to maintain a rapid simmer or gentle boil for 30 minutes. Then, add in 1 teaspoon of kosher salt. Cook for another 12 to 15 minutes, or until the chickpeas are very soft and smush together when pressed with the back of a spoon or fork. Tip: You want the chickpeas to be much softer than if you were to eat them whole in a salad or wrap. You should be able to smush the chickpeas easily. Drain the chickpeas and pick out any loose chickpea skins. How to make the best homemade hummus (step-by-step photos) Add your warm cooked chickpeas to a food processor. Note: I like to make my hummus with chickpeas that have been recently cooked, so it keeps the hummus warm. However, if you’ve pre-cooked and refrigerated your chickpeas, consider warming them up a bit. I find that warm chickpeas blend more smoothly than cold chickpeas. Blend the chickpeas for 1 to 2 minutes until pureed, scraping down the sides as you go. Add the tahini, cumin, and garlic (start off with 1 clove if you’re not a huge garlic person). Add the lemon juice, salt, and pepper to taste. Blend until the mixture starts to come together, then start streaming in the ice water, a tablespoon at a time until you have your desired texture. Taste for seasonings, adding more salt, garlic, cumin, or lemon juice as desired. Transfer the amount of hummus you plan to eat/serve to a shallow bowl or plate. Use the back of a spoon to make waves or to make a well in the center. This will enable you to pour the olive oil into the crevices/ridges. Drizzle the garlic-lemon oil (from the topping) into the ridges or into the well. If you didn’t make the fried garlic-lemon topping, drizzle a good-quality extra virgin olive oil. Top the hummus with the fried garlic and lemon peel. If desired, top with chopped parsley and either paprika, sumac (tart, sour), or Aleppo pepper flakes (mildly spicy; shown here). Using canned chickpeas to make hummus If you don’t want to cook dried chickpeas from scratch, yes, you can use canned chickpeas to make this recipe. Note: For 8 ounces (227g) of dried chickpeas, substitute with 2 (15-ounce/425g) cans. While it’s easiest to just use a can of drained chickpeas to the food processor, the texture can be slightly chunky and not lusciously smooth. This is because, for hummus, you want super soft chickpeas that have fewer skins. And canned chickpeas are not super soft (they’re rather firm and great for salads/bowls and eating whole). To remedy that, you can cook the canned chickpeas (even though they’re already cooked). Add them to a saucepan, cover with an inch or two of water, and add ½ teaspoon baking soda. Bring to a boil over high heat, then reduce the heat to maintain a rapid simmer for 20 minutes, or until the chickpeas start falling apart. Here’s a visual representation of why cooking your canned chickpeas (even if they’re already cooked) makes a difference. It helps to remove a lot of the chickpea skins and softens the texture. canned chickpeas – relatively firm and skins intactcanned chickpeas cooked until very soft What kind of tahini should I use? Since tahini is a primary ingredient in hummus, picking a good tahini is important. Some tahini brands use unhulled sesame seeds (the outer covering is intact), which usually results in a more bitter tahini. Therefore I always recommend using hummus made from hulled sesame seeds. My two favorite brands for tahini are Soom Foods and Seed + Mill. Soom Foods is easily available on Amazon. Seed + Mill is a small operation local to New York and sold at some Whole Foods; if you can find it, it’s liquid gold. If you’re wondering, “can I make tahini at home?”, my answer is yes, but IMHO, it’s really not worth making tahini at home if you buy a good-quality tahini. Commercially made tahini is made with industrial-grade equipment that’s powerful enough to process just sesame seeds into a mostly liquid paste. In contrast, a home food processor or blender simply isn’t strong enough. To compensate, you need to use a fair amount of oil to get the right consistency, and even then it’s a bit gritty. Plus, in all my attempts (half a dozen, at least), the tahini always tastes somewhat bitter (despite using hulled sesame seeds). For more tahini reviews, check out this article on chef-recommended tahini brands. How to serve hummus First things first, serve hummus warm or room temperature! That will yield you the best texture and taste. Here are some ideas on how to top hummus. For something classic, drizzle a few glugs of good-quality extra virgin olive oil on top of the hummus. Add a handful of chopped flat-leaf parsley and a dusting of paprika (for actual flavor in paprika, I recommend Hungarian paprika.) Or you can swap the paprika for sumac, which is tart and lemony and commonly used in Middle Eastern cooking. Or for something slightly spicy, try Aleppo pepper (one of my favorite spices; about half as spicy as red chile flakes and with complex sweet-spicy flavors). Drizzle with olive oil and a generous amount of za’atar (a Middle Eastern spice blend that’s earthy and herby) or with dukkah (a nut and spice blend from Egypt), or simply toasted white sesame seeds. With fried garlic and lemon and lemon-garlic-infused extra virgin olive oil (my favorite aiy!). You can find this recipe in the recipe card below. And ideas for using hummus. Let me start by saying that serving hummus with carrot sticks (and celery sticks) is an American invention that doesn’t do justice to hummus. If you’re thinking, but hey... it’s a healthy snack, then you are right. But you’re also missing out on the best that hummus has to offer! There is nothing quite like scooping some freshly made hummus with warm pita bread. This is how it’s often served throughout Middle Eastern countries and homes, and honestly it’s the best way to allow the hummus to shine. PS: If you’re vegan, be sure to read the back of the pita package, as some brands contain milk products. If you have leftover hummus and are tired of eating it as a dip with pita, try slathering it on bread as a sandwich spread. I like to top mine with massaged kale or salad greens, a little extra virgin olive oil, and za’atar. You can also dollop a scoop of it onto your salad or grain bowl. In many Middle Eastern countries, hummus is served alongside a main meal. So you could also serve your favorite protein or roasted veggie on top of hummus (grilled or roasted mushrooms are fantastic!). Note: If you’re looking for more versatile spreads/sauces that you can use in a variety of ways, check out my Cashew Cream blog post (original + 4 flavor variations) or Vegan Pesto blog post (3 variations). Storing and reheating hummus To prevent hummus from drying out, store leftover hummus with a light layer of extra virgin olive olive oil on top. Store in an airtight container in the fridge for up to a week (but it’s best within 4 days). To serve leftover hummus, allow it to come to room temperature, or warm it up. I prefer warming it up on the stove, which loosens the texture and makes it smoother. Simply add the amount of hummus you’d like to reheat to a saucepan, add a couple teaspoons of water, and stir constantly for a few minutes until warmed through. You can also heat it in the microwave, in 10-second increments, stirring after each round. You can also freeze hummus, though you’ll lose some of that irresistible texture. To freeze, transfer hummus to an airtight container but don’t fill it all the way up to allow for expansion. Thaw it in the fridge the day before consuming. Okay, now that I’ve written a treatise on hummus, go make this hummus recipe! If you enjoy it, please consider rating and reviewing the recipe below : 8 ounces (227g) dried chickpeas\* (1 cup + 2 tbsp)1 teaspoon baking soda, dividedA generous ¾ cup (175-195g) good-quality tahini 6 tablespoons freshly squeezed lemon juice, plus more to taste3 garlic cloves, chopped\*\*1 teaspoon ground cumin, plus more to tasteKosher saltFreshly cracked black pepper to taste6 to 10 tablespoons ice water½ cup (80 mL) good-quality extra virgin olive oil5 large garlic cloves, thinly sliced4 to 6 strips of lemon peel, about 2 inches long (don't peel too deeply to avoid the white pith)Flaky sea salt or kosher salt1 handful of flat-leaf parsley, chopped Paprika, sumac, or Aleppo pepper flakes Soak the chickpeas. Add the chickpeas to a large bowl. Cover with cold water and ½ teaspoon baking soda. Soak for 8 hours or overnight. Drain and rinse.Cook the chickpeas. Add the drained chickpeas to a medium saucepan with ½ teaspoon baking soda and 6 cups of water. Bring to a boil over medium-high heat. Cover the pot, and reduce the heat as needed to maintain a rapid simmer and cook for 30 minutes.Uncover the pot and add 1 teaspoon of kosher salt. Continue cooking for 10 to 15 minutes, or until the chickpeas are very soft and smush when pressed with a spoon/fork or pressed between your fingers. Drain well.Drain the chickpeas, then transfer to a food processor. Blend for 1-2 minutes until you have a smooth puree, scraping down the sides as you go.To the food processor, add ¾ cup tahini, lemon juice, garlic, cumin, 1 heaping teaspoon kosher salt, and pepper to taste. Blend, and with the motor running, stream in the ice water, 1 tablespoon at a time. After 6 tablespoons of ice water, evaluate the texture. If you want it to be looser, stream in more water, and continue blending until smooth and creamy. Once you reach your desired texture, taste for seasonings, adding more salt, garlic, cumin, or lemon juice as needed.Make the topping.Heat the olive oil in a medium frying pan over medium heat. Once the oil is warm (but not too hot), add the garlic and cook, swirling the pan or stirring frequently, for 2 to 2 ½ minutes, until the garlic just turns golden (don't wait until it browns). Add the lemon zest and cook for another 30 seconds. Use a slotted spoon to transfer the garlic and lemon zest to a plate and sprinkle with a bit of flaky sea salt. Reserve the oil.Transfer the hummus to a large plate and use the back of a spoon to make waves or to make a well in the center. Spoon the garlic-lemon oil into the ridges or into the well. Top with the fried garlic and lemon zest. Top with chopped parsley and a few shakes of paprika. \*\*If using canned chickpeas to make hummus. \*\*If you’re not a huge garlic person, start with 1 clove. After blending, taste and add more garlic as desired. \*\*\*For more topping options, read the section “How to serve hummus.”

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