

Basil Hummus

Prep time: 10 min
Makes ~ 2 cups



INGREDIENTS

- 1 can chickpeas (garbanzo beans)
- 1 clove garlic, (or ½ teaspoon minced garlic)
- ½ cup fresh basil
- ¼ cup water
- 2 tablespoons lemon juice (from 1 lemon)
- ¼ teaspoon salt
- ¼ cup olive oil

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Drain and rinse the chickpeas.
2. Add garlic clove and chickpeas to food processor or blender, and pulse to combine.
3. Add basil, water, lemon juice and salt, and puree. Scrape down sides of food processor with a spatula if needed.
4. While the food processor or blender is running, slowly add the olive oil and blend until the hummus is smooth.
5. Use hummus in a wrap, or enjoy as a dip with carrot and celery sticks!

The word **hummus** means “chickpeas” in Arabic. Hummus is a Middle Eastern dip or spread made with cooked chickpeas (garbanzo beans) and traditionally blended with tahini, garlic, lemon juice, olive oil and salt.