

## Heart Healthy Hummus Recipe

This recipe makes a very smooth hummus spread or dip. Loaded with heart healthy plant fibre and plant protein. And awesome flavour!

Adapted from Cooking Vegetarian by Vesanto Melina MSc, RD and Joseph Forest, Publisher Harper Collins, 2nd Edition, 2011

### Ingredients:

2 cups (500ml) cooked or canned chickpeas, drained and rinsed  
1/3 cup (85ml) tahini (all natural sesame seed butter)  
1/4 cup (60ml) water  
1/4 cup (60ml) freshly squeezed lemon juice  
2 tablespoons (15-30ml) extra-virgin olive oil  
1 1/2 teaspoons (7ml) ground cumin  
1-2 cloves garlic, minced  
1/2 teaspoon (2ml) salt  
1/4 cup (60ml) chopped fresh parsley

### Method:

1. Combine the chickpeas, tahini, water, lemon juice, oil, cumin, garlic, and salt in the bowl of a food processor.
2. Puree until smooth, occasionally scraping down the sides of the bowl.
3. Add parsley and blend for 5 seconds.
4. Adjust the seasoning and serve.