

Homemade Hummus

Why I make this:

Hummus is made from chickpeas (aka garbanzo beans), tahini (aka sesame seed paste), garlic, and fresh lemon juice. So many great ingredients in one protein- and healthy fat-packed dip!

Try to use organic chickpeas (I like Eden organic brand) and Tahini (I like Nuts To You brand).

Here is my favourite hummus recipe, thanks to my good friend, Joanne. ☺

Enjoy!!

