



QUICK HUMMUS

INGREDIENTS

- 2 (15-oz.) cans chickpeas, drained, chickpea water retained
- Kettle of boiling water
- 1 clove garlic, chopped
- 1/2 cup tahini
- 1/4 cup lemon juice (about 1 lemon's worth)
- 6 ice cubes, standard 1-oz. cubes
- Kosher salt and freshly ground pepper
- Whole wheat pita bread for serving
- Extra lemon wedges for serving

PREP TIME

25 minutes

BAKE TIME

none

Recipe from **UNWIND: A Devotional Cookbook for the Harried and Hungry** by Aarti Sequeira

- 1** Measure out 1/4 cup of chickpea water (also known as aquafaba) before draining the chickpeas and set aside. Tumble drained chickpeas into a large bowl and cover with hot water by a couple of inches. Allow to rest for 15 minutes.
- 2** Now make the hummus: Drain warm chickpeas and immediately pour them into your food processor. Buzz for 2 to 3 minutes until smooth paste forms.

INSTRUCTIONS

- 3** Add the reserved aquafaba, garlic, tahini, lemon juice, ice cubes, and 1 teaspoon salt. Buzz for 5 minutes until a smooth, fluffy hummus comes together. Taste for seasoning, adjusting salt, lemon juice, and tahini as you like. Spoon hummus onto your serving tray. Serve with warm pita bread and lemon wedges.

Makes 10-12 servings

Note: If desired, you can include olives on your serving tray.

mary & martha