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# **Homemade Hummus**

### Ingredients:

2 cups cooked chickpeas juice from 2 lemons (about 2 tbsp) 2 tbsp olive oil 2 tbsp tahini 1/2 tsp kosher salt dash of sumac

### **Boiling Raw Chickpeas:**

Soak chickpeas overnight or for at least 5-6 hours with 1 tsp baking soda. Carefully rinse the chickpeas and discard any floating beans or shells, cover in 2" cold water, add 1/2 tsp kosher salt and bring to a boil. Lower heat, cover and simmer for 1 1/2-2 hours until chickpeas are very soft. (if you pinch one it should easily squish) Make sure they are completely soft.

#### Directions:

Add all ingredients to a food processor, and blend until smooth. Adjust the recipe to your taste preference, possibly adding more lemon, salt or tahini.

### Variations:

- 1. Add extra lemon juice, and top with lemon zest
- 2. Blend in a can of beets
- 3. Swirl on spicy Harissa and dash with paprika
- 4. Blend with kalamata olives
- 5. Top with feta, olives and za'atar