Hummus Recipe

*Vitamix Book Introduction to High-Performance Blending (pg. 126) w/ a few modifications**

Makes: 4 cups

Ingredients:

- 2 (15-ounce) cans chickpeas/garbanzos (one drained and one with liquid) or 1- 2 ½ cup/20 oz jar of home cooked chickpeas with cooking liquid*
- 3 Tbsp. toasted sesame seeds* (toast in toaster oven, setting 3 slices, 3 darkness – if no sesame seeds you can use 3 tbsp of Tahini)
- 2 Tbsp. flax seeds (I just throw the seeds in whole and let the blender grind them)
- 1 Tbsp. olive oil
- ¼ cup lemon juice
- 2 cloves of garlic, peeled
- 1 ½ tsp. ground cumin
- 1 tsp. salt*
- 6 green olives* (optional. Note, can use capers if no olives)
- 4 sundried tomatoes* (optional)

Directions:

1. Place all ingredients into the Vitamix container in the order listed and firmly secure the lid.
2. Select Variable 1.
3. Start machine and slowly increase to its highest speed.
4. Blend for 45-55 seconds, or until desired consistency is reached.

We like:

- using as a dip with veggies or tortilla chips.
- making hummus wraps or pitas: hummus and veggies (shredded carrots, thin sliced roma tomatoes, carrots, red onion; sprouts or shredded lettuce, and sliced avocado). So good!
- using as a spread instead of mayo on a sandwich