

ROASTED GARLIC HUMMUS

BEST HUMMUS EVER!

3/4 cup chickpea flour (about 1/3 cup dried garbanzo beans)

3 garlic cloves, unpeeled

2 cups water

1/4 cup tahini

1-2 lemons, juiced, for 1/4 cup juice

1/4 to 1/3 cup olive oil

Salt and Pepper to taste Paprika and additional olive oil, to garnish (optional)



Heat a dry skillet over medium heat. Cook unpeeled garlic for 5-7 minutes, until softened and browned on all sides. Remove from heat and let cool before peeling off the skins. Mix flour and water and bring to a boil in a medium saucepan. Add a pinch of salt and pepper. Lower the heat and simmer 5-7 minutes, stirring frequently. Remove from heat and let cool. In the Bosch food processor attachment, puree the cooked flour mixture, peeled garlic cloves, tahini, and lemon juice until smooth. Drizzle in enough olive oil to reach desired consistency. Transfer the mixture to a serving dish. Cover and allow the flavors to meld for at least one hour. Taste again and adjust with seasonings or liquid, if needed. Garnish with additional olive oil and a sprinkling of paprika, if desired. Serve with fresh vegetables, pita bread or crackers. Red Pepper Hummus Prepare hummus as above, but add 1/2 cup roasted red peppers to the blender or food processor before pureeing.

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