

INGREDIENTS

- 1 can of chickpeas, rinsed and drained 1/2 cup tahini
- 1/4 cup lemon juice
- 1/2 teaspoon fine sea salt
- 1 medium to large garlic clove, chopped 2-4 tablespoons ice water
- 1/2 teaspoon ground cumin
- 1 tablespoon extra-virgin olive oil

DIRECTIONS

- 1. In a medium saucepan, add chickpeas, and cover with several inches of water. Bring water to a boil and reduce heat to prevent spilling. Boil chickpeas for 20 minutes or until soft and bloated, with skins falling off.
- 2. Drain chickpeas in fine mesh strainer and run under cold water for 30 seconds. Set chickpeas aside.
- 3. Blend garlic, salt and lemon juice until the garlic is finely chopped, then let rest for ten minutes or longer for the garlic to permeate the sauce.
- 4. Add chickpeas and cumin to garlic sauce and blend until smooth while adding olive oil, about 2 minutes. Use a spatula to ensure everything gets blended. Add ice water as needed to achieve a creamy texture.
- 5. Taste and add up to $1/4\,\mbox{teaspoon}$ sea salt and 1 tablespoon of lemon juice for flavor.
- 6. Spoon hummus onto serving dish and shape like Jabba the Hutt, and garnish as desired.