MIDDLE EASTERN · SNACK · SIDE

Easy Creamy Hummus

10 min · Serves 16 · 130 kcal a serve · Video 3:07 · Downshiftology

Vegan · Gluten-free ingredients · No nuts listed

A ¼-cup serve of chickpeas and tahini is a source of fibre (3 g) and folate, with mostly unsaturated fat from the tahini and olive oil, and less than half the salt of typical bought hummus.

Diet notes: Low saturated fat (1.2 g, 8% of the energy); DASH-friendly (160 mg sodium a serve).

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Ingredients 11 · SERVES 16

- [ ] 2 × 15 oz cans **chickpeas**, drained (keep the liquid)
- [ ] ½ cup **tahini**
- [ ] **Lemon juice**: juice of 2 lemons
- [ ] 2 **garlic** cloves, peeled
- [ ] ¼ cup **olive oil**
- [ ] 1 tsp **ground cumin**
- [ ] ½ tsp **kosher salt**
- [ ] ⅓ cup **reserved chickpea liquid** (aquafaba), or more as needed
- [ ] a drizzle of **extra-virgin olive oil**, to serve (about ½ tbsp)
- [ ] a sprinkle of **paprika**, to serve
- [ ] **fresh parsley**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Drain the chickpeas over a bowl and keep the liquid (aquafaba). 0:26
2. Put the chickpeas, tahini, lemon juice, garlic, olive oil, cumin and salt in a blender or food processor. 0:34
3. Add ⅓ cup of the chickpea liquid and blend about 30 seconds until very smooth, pushing it down into the blades; add more liquid for a thinner hummus. 1:43
4. Spoon onto a plate, make a swirl with the back of a spoon, and finish with olive oil, paprika and parsley. 2:24

> **Tip** Makes about 4 cups. Keeps 3–4 days in the fridge or up to 3 months in the freezer. Add more garlic or lemon to taste.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
130 kcal 540 kJ	4 g 8% of a day	10 g 7.4 g net · 1.6 g sugars 4% of a day

FIBRE	FAT	SODIUM
3 g 11% of a day	8.7 g 1.2 g saturated 11% of a day	160 mg 7% of a day

Energy from net carbs 24% · protein 13% · fat 63% — low carb (under 26% of the energy from carbs)

Source of (10–19%) Folate 15%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=GbxnB53IExY, published 11 June 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-hummus