



Recipes

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Garlic Hummus

Prep Time: 5 Minutes

Serves 1

Ingredients:

2 1/2 cups Chickpeas , drained , rinsed

2 1/2 Tbsp. Tahini

1 1/2 Tbsp. Lemon Juice

5 each Garlic Cloves

2 cups plus 1 Tbsp. Olive Oil

Sea Salt , as needed

Directions:

1. In a food processor, combine chickpeas, tahini, lemon juice, and garlic. Pulse until roughly combined. With the motor running, add the olive oil in a steady stream until mixture is smooth and bound together. Season to taste with salt.