

# Hummus of Antioch

Tapioca Pudding.

## Categories

Gluten-free

Yields: 8 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Side dishes and appetizers

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



## Ingredients

Garbanzo beans (chickpeas), canned, drained	2 cup
Lemon, fresh	1 medium - 2 1/8" diameter
Garlic, fresh	6 clove
Cumin, ground	3 teaspoon
Red pepper (cayenne), ground	0.25 teaspoon
Salt, sea salt	0.25 teaspoon
Tap water	0.25 cup
Tahini (sesame butter)	0.25 cup
Olive oil	0.25 cup

## Instructions

You need a good blender for preparing the Hummus.

First pour the water olive oil and tahini into the blender.

Next put in the salt and cayenne pepper and the cumin in the mix.

Mix it with a spoon (do not turn on the blender yet)

Crush the garlic using a garlic crusher and put the crushed part of the garlic in the mix.

Squeeze the lemon and make sure you remove all the lemon seeds from the lemon juice and put it in the mix.

Mix the base with a spoon (do not turn on the blender yet).

Open the can of chickpeas and drain the water really well. Put about 1/3 of the can of chickpeas in the mix.

Now turn on the blender and make sure that they blend well.

Once the mix looks well blended put in the next 1/3 of the chickpeas and keep blending until smooth.

Once you feel that it became creamy, put in the rest of the chickpeas and keep blending.

If you feel that the mixture is too thick and the blender is having difficulty to turn, put in about 2 tbsp (30ml) of water and 1tbsp (15ml) of olive oil. (This is extra in addition to the listed ingredients)

Mix until the hummus is creamy.

Enjoy...