

## [SIMPLE HUMMUS RECIPE](#)



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### **Super Easy Hummus Recipe Allrecipes com**

Step 1, Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.

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### **Easy Hummus Recipe Better Than Store bought**

First, let us mention that this hummus recipe uses tahini. In the hummus-loving world, there are two camps. Some love the zest and deep flavor of tahini added, others could really go without it. We like it both ways, but for the best hummus rivaling our favorite brands in the store, we use this recipe and include tahini.

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### **5 Minute Hummus Recipe Real Simple**

Very easy, I had to make my own Tahini but that was easy too. I added some sriracha after the chick peas were paste and went around again for a minute in the food processor and it came out delicious.

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### **Easy Hummus Recipe Food Revolution Jamie Oliver**

Create your own hummus with this delicious recipe that is high in protein and fibre and makes a great dip for crunchy veg, breadsticks or warm flatbread.

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### **BEST HUMMUS RECIPE THE SIMPLE VEGANISTA**

For dips, I prefer it on the thicker side and keep the recipe as is. You may also like my Simple White Bean Hummus, which I use to keep it varied. This hummus recipe can be made with or without tahini. If making without tahini, replace the tahini with a good quality extra virgin olive oil. Alternately, you can use half oil and half tahini.

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### **Quick hummus recipe BBC Food**

This easy dip recipe is great to make sandwiches for your lunchbox, or simply to serve with breadsticks or pitta. Each serving provides 378 kcal, 13.5g

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### **Easy hummus recipe BBC Good Food**

This easy homemade hummus makes a great snack or lunch, plus it's versatile and good for you. Find more chickpea recipes at BBC Good Food.

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### **3 Easy Delicious Homemade Hummus Recipes My Greek Dish**

For this hummus recipe, start by adding the tahini and lemon juice in a food processor or blender and pulse for about 1 minute, until thick and light in colour. Then the chickpeas go in. Process the mixture, until the chickpeas are minced. Lots of hummus recipes require to remove the skins from the chickpeas.

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