

# Hummus Variations

*Hummus is best prepared in a high-powered blender or food processor. For each of these recipes, blend and/or puree until you've reached your desired consistency. Rinse the chickpeas very well. The amount of water also can vary based on your desired consistency.*

*And there are so many add-ons/ins. Stir in some olive tapenade, or top with toasted pine nuts, olive oil and paprika for a classic look.*

## Classic Hummus

2 cloves garlic  
1 ½ cups garbanzo beans (chickpeas), rinsed  
¼ cup lemon juice  
2 tablespoons olive oil  
¼ cup tahini  
2-3 tablespoons water  
Kosher salt and pepper to taste  
A couple pinches of cumin

## Roasted Beet Hummus

2 cloves garlic  
1 roasted beet, skin removed  
1 ½ cups garbanzo beans (chickpeas), rinsed  
Zest of one lemon  
¼ cup lemon juice  
3 tablespoons olive oil  
2 tablespoons tahini  
2 tablespoons water  
Kosher salt and pepper to taste



## Cauliflower Hummus

1 head (or bag) of cauliflower, roasted with a little olive oil until tender  
2 cloves garlic  
1 ½ cups garbanzo beans (chickpeas), rinsed  
½ cup lemon juice  
2 tablespoons olive oil  
¼ cup tahini  
2 tablespoons water  
Kosher salt and pepper to taste  
¼ teaspoon cumin

