



THE BEST HUMMUS RECIPE

This is the **BEST Hummus recipe** that's not only fast and easy, it's also super creamy and delicious. Made from a handful of fresh ingredients, including chickpeas, tahini, lemon juice, olive oil, pepper and garlic, it comes together in less than 5 minutes.

Hummus, oh how I love thee. I love hummus in all the different flavor variations, including, roasted garlic, roasted red pepper, roasted beet, green hummus, roasted cauliflower hummus, sun-dried tomato, basil pesto and more. But there's nothing quite like the classic hummus recipe. It's versatile, delicious and can be used as a dip or spread in just about anything. And homemade hummus? Well that's just the freshest, tastiest hummus you've ever eaten. Once you make it, you'll never go back to store-bought. Promise!

The Health Benefits of Hummus

Chickpeas are wonderful for **gut health** as they're loaded with fiber and keep things moving through your digestive system (in other words, they help with constipation). But here's the good part. The type of fiber they're loaded with is **insoluble fiber** – the kind that helps to lower “bad” cholesterol while feeding the “good” gut bugs in your microbiome.

That's because insoluble fiber doesn't break down until it hits the large intestine. And when it does hit the large intestine, those good gut bugs feed off the insoluble fiber, creating short-chain-fatty-acids, giving you energy and protecting the health of your colon.

You can feel good about eating hummus, as it contains a wide variety of vitamins and minerals. A 100-gram (3.5-ounce) serving of hummus provides (2):

- **Calories:** 166
- **Fat:** 9.6 grams
- **Protein:** 7.9 grams
- **Carbs:** 14.3 grams
- **Fiber:** 6.0 grams
- **Manganese:** 39% of the RDI
- **Copper:** 26% of the RDI
- **Folate:** 21% of the RDI
- **Magnesium:** 18% of the RDI
- **Phosphorus:** 18% of the RDI
- **Iron:** 14% of the RDI
- **Zinc:** 12% of the RDI
- **Thiamin:** 12% of the RDI
- **Vitamin B6:** 10% of the RDI
- **Potassium:** 7% of the RDI

Hummus is a great source of [plant-based protein](#), providing 7.9 grams per serving.

This makes it an excellent option for people on a vegetarian or vegan diet. Consuming enough protein is essential for optimal growth, recovery and immune function. In addition, hummus

includes iron, folate, phosphorus and B vitamins, all of which are important for vegetarians and vegans, as they may not get enough from their diet.

Summary Hummus provides a wide variety of vitamins and minerals. It is also a plant – based ***source of Protein***, which makes it a nutritious option for **Vegan & Vegetarians**.



How to make the BEST HUMMUS RECIPE

I make this recipe almost weekly as it's incredibly easy to make. And once you make it, I'm sure you'll have it on repeat as well. Here's what you do:

1. **Add the chickpeas to your Mixer/Grinder or Food Processor** (it doesn't matter's, you will have similar result) and make sure to reserve the liquid. If you forget and accidentally toss it, no worries, just use water.

2. **Add the** Tahini (which I also make in my blender, yes, I use homemade Tahini), **olive oil, fresh lemons, garlic, pepper and salt** to the blender. Use two garlic cloves for your basic hummus, but if you're a garlic lover like me, feel free to add more but not too much else you will end up with garlic flavor only. Roasted garlic is also divine.
3. **Turn your Mixer/Grinder or Food Processor on high** and use the tamper as you would when making Almond Butter to **push the ingredients into the blades**. After 30 seconds, it should be fully blended. (Please check after one round).
4. Your hummus will be **thick, creamy and smooth**. If you'd like a thinner consistency, just add a bit more water until it's your desired consistency.
5. **To serve**, add a few large, heaping spoonful to a plate or bowl and give it a swish depression on top. This creates a little divot for your olive oil to stay in. Then sprinkle some paprika and add fresh parsley and some chopped olives.

And that's how easy it is to make beautiful, easy, healthy hummus that's fresher and tastier than store-bought!

Some more Delicious Homemade HUMMUS RECIPES are:

Here are some delicious flavor variations of this classic hummus recipe. What flavor should I add next? Let me know in the comments below!

- Roasted Beet Hummus.
- Green Hummus
- Roasted Red Pepper Hummus
- Roasted Cauliflower Hummus

The Best Hummus Recipe (in 5 minutes)

PREP TIME: 5 mins

TOTAL TIME: 10 mins

SERVINGS: 8 servings

AUTHOR: Devanshi Tiwari

This healthy, homemade hummus is super easy and tastes better than anything store-bought.

INGREDIENTS

US & UK Customary - Metric

- 30 oz (850 gm.) boiled chickpeas (garbanzo beans), drained with liquid reserved
- 1/3 cup chickpea liquid, or more, as needed
- 1/2 cup **tahini**
- 1/4 cup olive oil
- 2 lemons, juiced
- 2 garlic cloves
- 1/2 tsp black pepper
- 1/2 tsp salt

To Garnish:

- olive oil
- paprika
- fresh parsley
- chopped olives

INSTRUCTIONS

1. Add all the ingredients to your Food Processor or high-powered blender and secure the lid. Remove the lid cap and insert the tamper.
2. Turn the blender on high for 30 seconds (or more for a creamier texture) and use the tamper to push the hummus into the blades. Add more chickpea liquid (or fresh water), if desired, for a softer hummus.

3. Add the hummus to a serving plate and garnish with olive oil, paprika fresh parsley and olives.



NUTRITION

CALORIES: 332kcal, **CARBOHYDRATES:** 35g, **PROTEIN:** 12g, **FAT:** 17g, **SATURATED FAT:** 2g, **SODIUM:** 159mg, **POTASSIUM:** 419mg, **FIBER:** 9g, **SUGAR:** 5g, **VITAMIN A:** 40iu, **VITAMIN C:** 16.6mg, **CALCIUM:** 84mg, **IRON:** 4.1mg

COURSE: Appetizer, Snack

CUISINE: Mediterranean, middle eastern

KEYWORD: best hummus recipe, how to make hummus, hummus, quick hummus recipe, easy hummus recipe, homemade hummus

DEVANSHI'S TIPS

- The hummus will last for up to a week in the fridge, if kept in a sealed glass container. You can also freeze the hummus in sealed containers for future use, then just thaw as needed. It's actually one of the most common foods I keep on a regular basis as it's so easy.
- Don't forget that you can also make tahini yourself (rather than buying in the store). Let me know if you would like to know my Tahini Recipe.
- The blender I use is the **Bajaj Fresh Sip 450-Watt Juicer Mixer Grinder (White)** - and I love it!
- 1 cup of dried chickpeas = 3 cups of soaked chickpeas = approx. 30 ounces canned chickpeas

Did you try this Recipe?

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