



ASHLEY'S MEAL PREP MONDAY

HUMMUS

CARTWRIGHT'S
MARKET

- 1 1/2 cups chickpeas/garbanzo beans
- 1/4 cup fresh lemon juice
- 1/4 cup well-stirred tahini paste
- 1 clove garlic, minced
- 2 TBSP avocado oil,
-more for serving
- 1/2 TSP ground cumin
- Salt to taste
- 3-ish TBSP water
- Paprika and Everything But the Bagel Seasoning for serving



I don't have a food processor, so I used my Ninja. I started with combining the tahini paste and lemon juice and mixing in the Ninja for roughly 30-ish seconds. It made the paste more 'creamy'

Add the oil, garlic, cumin, and 1/2 TSP of salt to your food processor, or Ninja.

Process for 30-ish seconds. Scrape the sides and mix for another 30 seconds, or until it's all blended well.

Add in half of the chickpeas and mix on medium for 1 minute. Scrape the sides and add remaining chickpeas and repeat mixing.

I thought I was over-blending, but that wasn't the case, so I think you could just blend until it reaches the consistency YOU want.

If it's too thick, while mixing, add in 2-3 TBSP water

Add salt to taste, service with a drizzle of oil, a dash of paprika and that delicious Everything But the Bagel seasoning