

Simple Hummus



Ingredients

1 -15 oz can organic chickpeas, well-drained with liquid preserved
Scant $\frac{1}{4}$ cup tahini paste (I like Mighty Sesame Company squeezable)
 $\frac{1}{4}$ tsp sea salt
1 small clove garlic, chopped
 $\frac{1}{4}$ of a small onion
Few dashes cayenne pepper
Juice of one small lemon
1-2 Tbsp toasted sesame oil
Preserved chickpea liquid, as needed for desired consistency
Optional toppings: hot pepper flakes, fresh dill, anything bagel seasoning, za'atar or hot chili oil

Directions

- In a Vitamix or other high-powered blender, add drained chickpeas. (Remember to reserve the liquid for later addition).
- Add all other ingredients except the reserved chickpea liquid.
- Blend on low to start, mixing with the tamper to allow the ingredients to combine well.
- Slowly, increase speed until it reaches a fairly uniform chunky texture
- Add chickpea liquid one tablespoon at a time until blending becomes easier and it is to your desired consistency. (Note, refrigerating will thicken the hummus).
- Taste and adjust any flavors you like, then empty into a glass storage container.
- Top with any herbs and spices you like and enjoy with fresh-cut veggies, chips or flatbread.