

BASIC OIL AND TAHINI FREE HUMMUS

INGREDIENTS:

- **2 - 15 oz. cans chickpeas, rinsed and drained, *reserving bean liquid***
- **6 tbsp. of bean liquid, *aquafaba***
- **4 tbsp. lemon juice, *about 2 lemons***
- **2 cloves garlic, *smashed and roughly chopped***
- **1 tsp. ground cumin**
- **1 tsp. garlic powder**
- **2 tsp. onion powder**
- **3/4 tsp. salt**



DIRECTIONS:

Combine all ingredients in a food processor and process until smooth, adding water as needed for desired consistency.

Use for a vegetable dip or as a sandwich spread.