

Three Ingredients Hummus



The ingredients

There are several ways to make hummus and some with so many ingredients that you may not even have on hand. However with just three simple ingredients you can make a tasty hummus. Ingredients that you pretty much have in your pantry already. I have tried several ways to make hummus but I would say the simplest way is the best.

Why Add What Is Not Even Necessary

You may know to make hummus but I bet you that you have not tried making it with only three ingredients. Keep in mind that the less added ingredients a product has of course with the exception to flavoring like herbs and spices the more natural and better it taste.

Best Ways To Enjoy

Hummus can be eaten with any vegetable. I prefer raw vegetables like cucumbers, carrots, tomatoes, or celery. This also pairs well with roasted vegetables like beets, squash, carrots. Another of our favorite is this chia and quinoa tortilla chips.

Other ways that I listed below is to add to your sandwich or

wrap which can be used as a healthy alternative to butter, mayo or coconut oil.

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This is a simple recipe that requires just about 5 minutes of your time from start to finish and then you will be sitting enjoying a healthy and delicious snack or better yet quick lunch. 4

- food processor
 - 1 15 ounces Garbanzo beans ((BPA free can lining and organic))
 - 2 tablespoons lemon juice
 - salt and pepper ((to taste))
1. Strain garbanzo beans reserving 2 tablespoon of the liquid (aquafaba)
 2. Place garbanzo beans, 1 tablespoon liquid, 2 tablespoon lemon juice in a food processor and mix until creamy. Add additional liquid if desired.
 3. Place in a bowl add salt and pepper to taste, serve and enjoy!

If you want more of a chunky hummus then use a fork to mash the beans and add 1 tablespoon lemon juice followed by salt and pepper to taste.

You can omit the pepper and only add a dash of salt.

For a salt free version add a variety of your favorite herbs.

Serve with carrots, cucumbers, or tortilla/pita chips.

This can also be used as base for a sandwich or wrap instead of mayo or butter.

Snack

GlutenFreeDiet, LowCalorieDiet, LowFatDiet, VeganDiet
brunch, healthy snack, lunch, plant-based



