



## **Lemon Cilantro Hummus**

**PREP TIME:** 10 minutes | **COOK TIME:** 0 | **TOTAL TIME:** 10 minutes

**Difficulty:** Easy

**Servings:** 8

**BY ERICA GAMBOA**



Fresh and easy homemade hummus, bursting with the flavors of lemon, cilantro, garlic and a touch of spice. It's smooth, creamy, velvety and rich in protein. It makes a great snack, dip or spread on just about anything. Zesty and bold and good for you too!

### **Ingredients**

- 2 16oz cans of garbanzo beans/chickpeas, strained and rinsed. Reserving the liquid (aquafaba) for later.
  - 2 cups cilantro, washed and dried
  - 3 lemons, halved and seeded
  - 2 garlic cloves, peeled
  - 1 tsp kosher salt
  - 1 tsp ground black pepper
  - 1/2 tsp cayenne pepper
  - 2 tbsp extra-virgin olive oil

- 1/2 cup tahini
- 2 tbsp water is optional in place of garbanzo bean liquid (aquafaba)

## Directions

- 1 To the blender, add garbanzo beans, garlic, cilantro, salt, pepper, cayenne, and the juice of all the lemons.
- 2 Blend on high.
- 3 Open the blender lid's spout, and slowly stream in half of the olive oil through the spout, a little at a time.
- 4 Stop the blender and scrape the sides of the blender, helping the hummus along to incorporate any ingredients left behind in the process.
- 5 Continue to blend and add the rest of the olive oil until well combined.
- 6 At this point, it's time to add the aquafaba or water or both. Continue to blend and through the spout, pour a little liquid or water at a time until you reach a creamy and velvety consistency.
- 7 It is necessary to stop the blender and check the consistency of the hummus mixture along the way.
- 8 Taste and adjust seasoning if necessary.
- 9 Serve in a bowl and enjoy immediately or chill in the refrigerator until ready to serve.

## TIPS

- I like to make a big enough portion of this that I can use right then and some to have in the refrigerator for the rest of the week. This stores well in the refrigerator for about three days. Make sure the hummus is in an airtight container and give it a good mix to combine the ingredients again before serving.
- I do not recommend freezing the hummus. It is meant to be enjoyed fresh but can certainly be made in advance as long as it is stored and chilled in the refrigerator.

## Notes

- My favorite way to enjoy this Lemon Cilantro Hummus is with warm Naan. I like to place the Naan directly on the stove burner, watching it closely and turning constantly until the bread is slightly charred and toasted. This step gives the bread a delicious unique taste and is delicious with the hummus.
- Spreading this hummus on sandwiches and wraps is also a favorite way we enjoy eating this. It's fresh and a healthier alternative to mayo. We love how well it goes on turkey sandwiches and wraps. It travels great also. I always have a batch ready to go for our beach days or camping trips; it's a must have.
- Adding fresh Jalapeños or Serrano peppers is one of my favorite ways to kick up the spice. I prefer things on the spicy side. Fresh peppers add a spice and freshness that you do not get from the cayenne pepper. In small amounts, of course, the kids might miss it all together.

---

## Nutrition Information

**Calories per serving:** 1048

**Servings:** 8

## Nutrition Facts

Servings: 8

Amount per serving

**Calories** **233**

% Daily Value\*

**Total Fat** 13.4g **17%**

Saturated Fat 1.6g **8%**

**Cholesterol** 0mg **0%**

**Sodium** 385mg **17%**

**Total Carbohydrate** 23.3g **8%**

Dietary Fiber 7.5g **27%**

Total Sugars 1.5g

**Protein** 8.2g

Vitamin D 0mcg **0%**

Calcium 110mg **8%**

Iron 3mg **18%**

Potassium 375mg **8%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

©HB | Hollywood Beat magazine. ALL RIGHTS RESERVED.

[HB | Hollywood Beat magazine](#)