

Lentil Hummus

Description

Lentil hummus is one of our favorite hummus variations that combines the wonderful flavor and texture of lentils with a basic hummus base. Another great way to enjoy nutritious lentils.

Ingredients

- 1 cup cooked brown lentils
- 1/2 cup tahini
- 1 clove garlic
- 1/2 lemon, juiced
- 2 tbsp olive oil
- 1/2 tsp cumin
- 1/2 tsp sea salt
- 1 2/5 cup water
- 1/2 tsp paprika

Instructions

In a food processor, add garlic and chop fine. Add cooked lentils and pulse to a medium mixture. Add tahini and water and pulse to a smooth mixture. Add olive oil, lemon juice, cumin and sea salt, pulse to mix.

Transfer contents to a serving bowl, stir to mix thoroughly. Sprinkle paprika on top. Serve with slices



Summary

Yield: 4

Prep Time: 15 minutes

Category: Appetizers

Cuisine: Mediterranean

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of pita bread, crackers, or bite size raw vegetables for dipping (celery, bell pepper, broccoli florets, cauliflower, etc.)