

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



Summary

Yield: 4

Prep Time: 15 minutes

Category: Appetizers

Cuisine: Mediterranean